THE ENGLISH PHYSICIAN

OR AN Astrologo-physical Discourse of the vulgar Herbs of this NATION.

Being a compleat Method of Physick, whereby a man may preserve his Body in health; or cure himself, being sick, for three pence charge, with such things onely as grow in *England*, they being most fit for English Bodies.

Herein is also shewed,

1. The way of making Plaisters, Oyntments, Oyls, Pultisses, Syrups, Decoctions, Julips, or Waters of all sorts of Physical Herbs, that you may have them ready for your use at all times of the year.
2. What Planet governeth every Herb or Tree (used in Physick) that groweth in *England*.
3. The Time of gathering all Herbs, but vulgarly, and astrologically.
4. The way of drying and keeping the Herbs all the year.
5. The way of keeping the Juyces ready for use at all times.
6. The way of making and keeping all kinde of usefull Compounds made of Herbs.
7. The way of mixing Medicines according to Cause and Mixture of the Disease, and Part of the Body afflicted.

By N. *Culpeper*, Student in Physick and Astrology.

LONDON,
Printed by *William Bentley*, 1652.

Grand
Marigold
Feuth
Camomile

that they retaine the Pentateuch of Moses, and observe many things therein commanded. It was much laboured by pope Innocent and King Lewis of France, that they should receive the Christian faith, and they found some inclinations in the people, and chiefe Princes to it. but finding by the Mahometan agents, who then laboured to bring them to their superstition, that Mahomet allowed of many Wives and other things more agreeable to their fleshly lusts, they conformed to that. yet so, that there are many Idolaters in Cathay it self, (I mean Cathay strictly so called) and some Christians also.

Dr. Heylyn's Cosmography.

Diana taurica

Thus say of the Tauri, or Tauro-Scythae in Tartaria, that for the pleasing of their Gods, especially of Diana, they used to sacrifice all such strangers as they could lay their hands on, and with their heads most barbarously adorned the walls of their temples. an inhumanity which the Christian Advocate of the primitive times did much vse to upbraid the Gentiles withall. as inconsistent with the nature of a God or goodness calling such worship not Sacra but Sacrilegia.

William Ledward
His Book
1776



This booke was collected out
of Parkinson's herball.

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1606/2070

BL

To the Reader.

COurteous *Reader*, Ariſtotle *in his* Metaphyſicks *writing of the nature of man, hit the nail on the head when he ſaid, that man is naturally inclined to, and deſirous of knowledg: and indeed it is palpable and apparent, that as Pride is the firſt viſible ſin in a childe, whereby we may gather that it was the firſt ſin of* Adam; *ſo knowledg being the firſt Virtue a childe mindes, as is apparent to them that do but with the eye of reaſon heed their actions even whileſt they are very young even before they are a year old, even by natural inſtinct, whereby a man may more than gheſs that knowledg was the greateſt loſs, or at leaſt one of the greateſt we loſt by the fall of* Adam: *knowledg, ſaith* Ariſtotle, *is in Proſperity an Ornament, in Adverſity a Refuge: and truly there is almoſt no greater enemy to knowledg in the world than Pride and Covetouſneſs: Excellently ſaid* Juvenal Sat. 7.

Scire volunt omnes, mercedem ſolvere nemo.

Although all men, in knowledg take delight,
Yet they love money bettter, that's the ſight.

And again, ſome men are ſo damnable proud and envious withall, that they would have no body know any thing but themſelves: the one I hope will ſhortly learn better manners, and the other be a burden too heavy for the Earth long to bear.

The ſubject which I here fixed my thoughts upon is not onely the deſcription and nature of herbs, which had it been all, I had authority ſufficient to bear me out in it, for Solomon *employed part of that wiſdom he asked, and received of God in ſearching after them, which he wrote in Books, even of all Herbs, Plants, and Trees: ſome ſay thoſe Writings were carried to* Babylon *by* Nebuchadnezzar, *being kept in the Temple at* Jeruſalem *for the publick view of the People, but being tranſported to* Babylon *in the Captivity,* Alexander *the Great Tyrant at the taking of* Babylon *gave them to his Maſter* Ariſtotle, *who committed them to the mercy of the fire.* But

But ſince the days of Solomon, *many have thoſe famous men been that have written of this ſubject, and great Encouragements have been given them by Princes, of which I ſhall quote an example or two,* Mathiolus *his greedineſs was ſuch to finiſh his Comment upon* Dioſcorides, *which Book is yet in uſe in the famous Univerſities in* Leyden *in* Holland, *and* Mountpilier *in* France, *that he forgot to count what the charges of it might amount to, although I rather commend him for his diligence in ſtudie and care of the worlds good, than harbour the leaſt ill thought of him for not counting the middle and both ends before he began the Work, I ſay when he came to count the charges of Printing and cutting the Cuts, it far ſurmounted his Eſtate; in this he was abundantly furniſhed by* Ferdinand *the Emperour, and divers other Princes of* Germany, *as himſelf confeſſed, furniſhed him with great ſumms of money, for perfecting that ſo great, ſo good a Work; the Prince Elector of* Saxony *ſent him much money towards his charge, as alſo* Joachim *Marqueſs of* Brandenburgh,

who as he was neighbour to Saxony *in Place, ſo was he in affection to ſo good a Work;* Frederick *Count* Palatine *of the* Rhine, *the Cardinal Prince of* Trent, *the Arch-biſhop of* Saltzburgh, *the Dukes of* Bavaria *and* Cleveland, *and the Free-State of* Norimbergh, *together with many others, ſo that he had the help of the Emperor, of Arch-Dukes, Dukes, Electours, Cardinals, Princes. Happy is that Nation whoſe Magiſtrates countenance ſuch as minde and ſtudy their good: I might inſtance in many more, and thereby give you a glimpſe how Magiſtrates formerly favoured this Art, and which is more, how ſtudious they were in it.* Bellonius *a man that ſoared high in the Nature of Herbs, alſo profeſſed he had the helping hand of Kings and Cardinals to maintain him in his ſtudies, & more than this, Kings themſelves were ſtudious in it; amongſt which* (Solomon *excepted)* Mithridates *that renowned King of* Pontus *ſeems to bear away the Bell, his Writings after his death were found in his Countrey Mannour by* Pompey *the great, but never a Roman of them all had the honeſty to*

print

print them with his name in the Frontiſpiece, ſo that we have nothing of them but what is quoted by ſome honeſt Authours, eſpecially by Plutarch.

Ad nos vix tenuis famæ dilabitur aura.
Men minde our good, but ſuch croſs times do fall,
We onely hear they did, and that is all.

Meſue *King of* Damaſcus, Avicenna, *and* Evax *King of* Arabia, *laboured much in this ſtudy, and I could well have afforded to have mentioned* Diocleſian *the Roman Emperour had he not waſhed out his virtues, and defiled them with a purple ſtain, in a moſt bloudy perſecution of the Chriſtians. It is quoted in* Virgil, *that when a famous Prince was proffered by* Apollo *to be taught his Arts,* viz. *Phyſick, Muſick, Augury, and the Art of of ſhooting in the Bowe, he made choice of Phyſick and to know the nature of Herbs.*

Ipſe ſuas, ſua munera, lætus Apollo
Augurium, Citherumque dedit, celeriſq; ſagittas,
Ille, ut depoſiti præferret fata Parentis
Scire poteſtates Herbarum, uſumque Medendi
Maluit: & mutas agitare (inglorias) Artes.

His Arts to him, when great Apollo *gave,*
He did nor Augury, nor Arrows crave,
Nor the melodious Lute, but to prevent
His fathers death, who now with age was ſpent,
To be an Herbariſt, and Medicine
To learn, he rather did his thoughts incline.

So precious hath the knowledg of the virtues of Herbs been in former times to men of quality, and indeed happy is that Nation, whose Rulers minde knowledg, as Solomon *saith on the cantrary, Wo to that Nation whose King is a Childe; and indeed in ancient times people need little other Physick than such Herbs as grew near them, some footsteps of which and but a few onely, are now in use with us to this day, as people usually boil Fennel with fish, and know not why they do it but onely for custom, when indeed the original of it was founded upon reason, because Fennel consumes that flegmatick quality of fish, which is obnoxious to the body of man, Fennel being an herb of* Mercury, *and he so great an enemy to the Sign* Pisces.

In this Art the Worthies of our own Nation, Gerard, Johnson, *and* Parkinson *are not to be forgotten, who did much good in the study of this Art, yet they and all others that wrought of the nature of Herbs gave not a bit of a reason why such an herb was appropriated to such a part of the body, nor why it cured such a Disease; truly my own body being*

being ſickly brought me eaſily into a capacity to know that Health was the greateſt of all earthly bleſſings, and truly he was never ſick that doth not believ it; then I conſidered that all Medicines were compounded of herbs, roots, flowers, ſeeds, &c. and this firſt ſet me on work in ſtudying the nature of Simples, moſt of which I knew by ſight before, and indeed all the Authours I could reade gave me but little ſatisfaction in this particular, or none at all; I cannot build my faith upon Authours words, nor believe a thing becauſe they ſay it, and could vviſh every body vvere of my minde in this, to labour to be able to give a reaſon for every thing they ſay or do; they ſay Reaſon makes a man differ from a beaſt, if that be true, pray what are they that inſtead of reaſon for their judgement, quote old Authours, perhaps their Authours knew a reaſon for what they wrote, perhaps they did not, what is that to us, do we know it? Truly in writing this Work firſt, to ſatisfie my ſelf I drew out all the virtues of vulgar Herbs, Plants, and Trees, &c. out of the beſt and moſt approved Authours

I had or could get, and having done ſo, I ſet my ſelf to ſtudy the reaſons of them; I knew well enough that the whole world and every thing in it was formed of a Compoſition of contrary Elements, and in ſuch a harmony as muſt needs ſhew the wiſdom and power of a great God. I knew as well this Creation though thus compoſed of contraries was one united body, and man an Epitome of it, I knew thoſe various affections in man in reſpect of Sickneſs and Health were cauſed naturally (though God may have other ends beſt known to himſelf) by the various operations of the Macracoſm; and I could not be ignorant, that as the cauſe is, ſo muſt the cure be, and therefore he that would know the reaſon of the operation of Herbs muſt look up as high as the Stars; I always found the Diſeaſe vary according to the various motion of the ſtars, and this is enough one would think to teach a man by the Effect where the Cauſe lay: then to finde out the Reaſon of the operation of Herbs, Plants, &c. by the ſtars went I, and herein I could finde but few Authours, but thoſe as full of non-ſenſe and

con-

contradictions as an Egg is full of meat, this being little pleasing, and less profitable to me, I consulted with my two brothers, Dr. Reason, *and Dr.* Experience, *and took a voyage to visit my Mother* Nature, *by whose advice together with the help of Dr.* Diligence, *I at last obtained my desires, and being warned by Mr.* Honesty, *a stranger in our days to publish it to the world, I have done it.*

But you will say, What need I have written of this Subject, seeing so many famous and learned men have written so much of it in the English Tongue, nay much more than I have done?

To this I answer,

1. *All that have written of Herbs either in the English or not in the English Tongue, have no ways answered my intents in this Book, for they have intermixed many, nay very many outlandish Herbs, and very many which are hard, nay not at all to be gotten, and what harm this may do I am very sensible of. Once a Student in Physick in* Sussex *sent up to* London *to me to buy for him such and such Medicines, & send them down, which when I viewed, they*

were

vvere *Medicines quoted by Authours living in another Nation, and not to be had in* London *for love nor money, ſo the poor man had ſpent much pains and brains in ſtudying Medicines for a Diſeaſe that vvere not to be had; ſo a man reading* Gerards *or* Parkinſons *Herbal for the Cure of a Diſeaſe, he may as like as not, light upon an Herb that is not here to be had, or not vvithout great difficulty, if poſſible; but in mine, all grovv near him.*

2. *My laſt, though not the leaſt of my Reaſons is,* Neither Gerard *nor* Parkinſon, *nor any that ever vvrought in the like nature, ever gave one vviſe Reaſon for vvhat they vvrote, and ſo did nothing elſe but train up young Novices in Phyſick in the School of Tradition, and teach them juſt as a Parrot is taught to ſpeak, an Authour ſaith ſo, therefore 'tis true, and if all that Authours ſay be true, vvhy do they contradict one another? But in mine, if you vievv it vvith the eye of reaſon, you ſhall ſee a reaſon for every thing that is vvritten, vvhereby you may finde the very ground and foundation of Phyſick,*

you

you may know what you do, and wherefore you do it, and this shall call me Father, it being (that I know of) never done in the World before.

I have now but two things more to write and then I have done.

1. *What the profit and benefit of this work is.*
2. *Instructions in the use of it.*

1. *The profit and benefits arising from it, or that may accrue to a wise man, from it are manie, so manie that should I sum up all the particulars, the Epistle would be as big as the Book; I shall onely quote some few general heads.*

First, The admirable harmonie of the Creation is herein seen, in the influence of Stars upon Herbs and the bodie of man, how one part of the Creation is subservient to another, and all for the use of man whereby the infinite power and wisdom of God in the Creation appears; and if I do not admire at the simplicitie of the Ranters, never trust me, who but viewing the Creation can hold such a sottish opinion, as that it was from eternitie, when the Mysteries of it are so clear to everie eye; but that Scripture shall be verified to them, Rom. 1. 20. The invisible things of Him from the Creation of the World are clearly seen, being understood by the things that are made, even his eternal power and Godhead, so that they

are without excuſe. *And a Poet could teach them a better leſſon.*

Excideret nè tibi divini muneris author
Preſentem monſtrat, quælibet Herba Deum.

Becauſe out of thy thoughts God ſhould not paſs,
His image ſtamped is on every graſs.

This indeed is true, God hath ſtamped his image upon everie Creature, and therefore the abuſe of the Creature is a great ſin; but how much more doth the wiſdom and excellencie of God appear if we conſider the harmonie of the Creation in the virtue and operation of everie herb; this is the firſt.

Secondly, Hereby thou maiſt know what infinite knowledge Adam *had in his innocencie, that by looking upon a Creature, he was able to give it a name according to his nature, and by knowing that, thou maiſt know how great thy fall was, and be humbled for it even in this reſpect, becauſe hereby thou art ſo ignorant.*

Thirdly, Here is the right way for thee to begin the ſtudie of Phyſick if thou art minded to begin at the right end, for here thou haſt the reaſon of the whole Art. I wrote before in certain Aſtrological Lectures which I read and printed, intituled Semeiotica Uranica, *what Planet cauſed (as a ſecond cauſe) everie diſeaſe, and how it might be found out what Planet cauſed it; here thou haſt what Planet cures it by* Sympathy, and Antipathy; *and this brings me to my laſt promiſe,* viz.

In-

Instructions for the right use of the book.

And herein let me premise a word or two, many Herbs, Plants, &c. are not in the book appropriated to their proper Planets, the reason was, want of time, or some other thing else, which many that know me will easily guess at; at last the book hanging longer in the Press than I imagined it would, I took the time and pains (though I could ill have spared either) to appropriate them all, and have for thy benefit (Courteous Reader) inserted them in order after the Epistle, now then for thy instruction.

First, Consider what Planet causeth the disease; that thou maist finde in my Semeiotica.

Secondly, Consider what part of the body is afflicted by the disease, and whether it lie in the flesh, or bloud, or bones, or ventricles.

Thirdly, Consider by what Planet the afflicted part of the bodie is governed; that my Semeiotica *will inform you in also.*

Fourthly, You have in this book the Herbs for cure appropriated to the several diseases, and the diseases for your ease set down in the Margin, whereby you may strengthen the part of the bodie by its like, as the brain by Herbs of Mercury, *the breast and liver by Herbs of* Jupiter, *the heart and vitals by Herbs of the* Sun, *&c.*

Fifthly, You may oppose diseases by Herbs of the Planet opposite to the Planet that causeth them, as diseases of Jupiter *by Herbs of* Mercury, *and the contrarie; diseases of the* Lumi-

 naries

naries *by Herbs of* Saturn, *and the contrarie*; *diſeaſes of* Mars *by Herbs of* Venus, *and the contrarie.*

Sixthly, There is a way to cure diſeaſes ſometimes by Sympathie, and ſo every Planet cures his own diſeaſes, as the Sun *and* Moon *by their Herbs cure the Eys,* Saturn *the Spleen,* Jupiter *the Liver,* Mars *the Gall, and diſeaſes of Choller, and* Venus *diſeaſes in the Inſtruments of Generation.*

Seventhly, There was a ſmall Treatiſe of mine of Humane virtues, *printed at the latter end of my* Ephemeris, *for the year* 1651. *I ſuppoſe it would do much good to young Students to peruſe that with this book.*

Eightly, Young Students would do themſelves much good, and benefit themſelves exceedingly in the Studie of Phyſick, if they would take the pains to view the virtues of the Herbs, &c. *in the book, and compare them to theſe rules, they ſhall to their exceeding great content finde them all agreeable to them, and ſhall thereby ſee the reaſon why ſuch an Herb conduceth to the cure of ſuch a diſeaſe.*

Ninthly, I gave you the Key of all in the Herb Wormwood, *which if becauſe of the volubilitie of the Language, any think it will not fit the lock, I will here give it you again in another Herb of the ſame Planet which in the book either through my own forgetfulneſs, or my* Amanuenſis *was omitted, and here I ſhall give it you plainly without any circumſtances.*

The Herb is Cardous Benedictus.

It

It is called Carduus Benedictus, *or bleſſed* Thiſtle, *or holy* Thiſtle, *I ſuppoſe the name was put upon it by ſome that had little holineſs in themſelves: it is an Herb of* Mars, *and under the ſign* Aries; *now in handling this Herb, I ſhall give you a rational Pattern of all the reſt, and if you pleaſe to view them throughout the book, you ſhall to your content finde it true.*

It helps ſwimmings and giddineſs of the head, or the diſeaſe called *Vertigo*, becauſe *Aries* is the houſe of *Mars*.

It is an excellent remedy againſt the yellow Jaundice, and other infirmities of the Gall, becauſe *Mars* governs Choller.

It ſtrengthens the attractive faculty in man, and clarifies the bloud, becauſe the one is ruled by *Mars*.

The continual drinking the Decoction of it helps red Faces, Tetters, and Ring-worms, becauſe *Mars* cauſeth them.

It helps Plague-ſores, Boils, and Itch, the bitings of mad Dogs and venomous beaſts, all which infirmities are under *Mars*. *Thus you ſee what it doth by* Sympathy.

By Antypathy *to other Planets.*

It cures the French Pox by Antipathy to *Venus* who governs it.

It ſtrengthens the memory, and cures deafneſs by Antipathy to *Saturn*, who hath his fall in *Aries*, which rules the head.

It cures Quartan Agues, and other diſeaſes of Melancholly and aduſt Choller by

Sympathy to *Saturn*, *Mars* being exalted in *Capricorn*.

Alſo it provokes Urine, the ſtopping of which is uſually cauſed by *Mars*, or the *Moon*.

If you pleaſe to make uſe of theſe rules, you ſhall finde them true throughout the book, and by heeding them, you may be able to give a reaſon of your judgement to him that asketh you: I aſſure you it gave much content to me, and for your goods did I pen it; but I muſt conclude, my Epiſtle having exceeded its bounds already; hereby you ſee what reaſon may be given for Medicines, and what neceſſitie there is for everie Phyſician *to be an* Aſtrologer, *you have heard it before I ſuppoſe, but now you know it; what remains, but that you labour to glorifie God in your ſeveral places, and do good to your ſelves, firſt by increaſing your knowledge, and to your Neighbours afterwards by helping their infirmities; ſome ſuch I hope this Nation is worthie of, and to ſuch ſhall I remain a friend, during life, readie to my poor power to help.*

Nich. Culpeper.

Spittle-fields next
door to the Lion.
Nov. 6. 1652.

Au-

Authours made use of, in this TREATISE.

A
Ægineta.
Ælius.
Aristotle.
Avicenna.
Averroes.
Avenaris.
Andreas Cæsalpinus.
Antonius Musa.

B
Bauhine.
Bellus.
Bartholomeus Anglus.
Butler, a Manuscript.

C
Clusius.
Cameravius.

D
Dodoneus.
Dioscorides.

E
Dr. Experience.

F
Fabius Columna.
Fuchsius.

G
Gesner.
Galen.
Gerrhard.

I
Isidore.
Johnson.

L
Leonicerus.
Lobel.
Lugdunensis.

M
Mathiolus.
Mesue.
Mizaldus.

O
Otho Brunfelsius.

P
Parkinson.
Pliny.
Pena.
Platearius.
Pena.

R
Dr. Reason.
Rhazis.

S
Serapio.

T
Taberna Montanus.
Theophrastus.
Turner.
Tragus.

A Catalogue of the Herbs and Plants, &c. in this Treatiſe, appropriated to their ſeveral PLANETS.

Under Saturn *are*

Barley.
Red Beets.
Beech-tree.
Biſoyl, *or* Twayblade
Birdsfoot.
Biſtort, *or* Snakeweed
Blewbottles.
Buck-horn-Plantan
Wilde Gampions.
Pilewort.
Cleavers, *or* Gooſgras
Clowns Woundwort
Comfry.
Cudweed, *or* Cotton-weed.
Sciatica Creſſes.
Croſswort.
Darnel.
Doddar.
Epithimum.
Elm-tree.
Oſmond Royal.
Fleawort.
Flixweed.
Fumitory.
Sinking Gladwin.
Goutwort.
Wintergreen.
Haukweed.
Hemlock.
Hemp.
Henbane.
Horſtail.
Knapweed.
Knotgraſs.
Medlar-tree.
Moſs.
Mullein.
Nightſhade.
Polypodium.
Poplar tree.
Quince tree.
Rupture wort.
Ruſhes.
Solomons-Seal
Sarazens conſound.
Service-tree.
Spleenwort, *or* Cetrach.

Ta-

Tamaris.
Melancholly-thiſtle.
Blackthorn.
Throughwax.
Tutſan, *or* Parkleaves
Woad.
under Jupiter *are*
Agrimony.
Alexanders.
Aſparagus.
Avens.
Bay-tree.
White Beets.
Water-Bettony.
Wood-Bettony.
Bilberries.
Borrage.
Bugloſs.
Chervil.
Sweet Cicely.
Cinkfoil.
Coſtmary, *or* Alecoſt.
Dandelion.
Docks.
Bloodwort.
Dog, *or* Quich-graſs.
Endive.
Hartſtongue.
Hyſop.
Houſleek, *or* Sengreen.
Liverwort.
Lung-wort.
Sweet Maudlin.
Oak-tree.
Red Roſes.
Sage.
Sauce alone, *or* Jack by the hedge.
Scurvy-graſs.
Succory.
Our Ladies Thiſtles.
under Mars *are*
Arſeſmart.
Aſarabacca.
Barberry-buſh.
Sweet Bazil.
Bramble-buſh.
Briony.
Brooklime.
Butchers-broom.
Broom.
Broomrape.
Crowfoot.
Cuckooppint, *or* Wake-Robin.
Cranebill.
Cotton-Thiſtle.
Flax-weed, *or* Toadflax.
Furſebuſh.
Garlick.
Hawthorn.
Hops.
Naddir.
Maſterwort.

Mu-

Muſtard.
Hedge-Muſtard.
Nettles.
Onions.
Pepperwort, *or* Dittander.
Carduus Benedictus, *in the Epiſtle.*
Rhadiſh.
Horſe Rhadiſh.
Rhubarb.
Rapontick.
Baſtard Rhubarb.
Thiſtles.
Star-thiſtle.
Tobacco.
Wolly Thiſtle.
Treacle Muſtard.
Mithridate Muſtard.
Weld, Weld, *or* dyers Weed.
Wormwood.

Under the Sun *are*

Angelica.
Aſh tree.
Bawm.
One-blade.
Burnet.
Butter-bur.
Chamomil.
Chelondine.
Centaury.
Eye-bright.
St. Johns wort.
Lovage.
Marigolds.
Miſleto.
Peony.
St. Peters wort.
Pimpernell.
Roſa Solis.
Roſemary.
Rhue.
Saffron.
Tormentill.
Turnſole, *or* Heliotropium.
Vipers Bugloſs.
Wallnut-tree.

Under Venus *are*

Alehoof, *or* Ground-Ivy.
Black Alder-tree.
Alder-tree.
Apple-tree.
Sinking Arrach.
Arch-Angel, *or* dead Nettles.
Beans.
Ladies Bedſtraw.
Birch-tree.
Biſhops Weed.
Blites.
Bugle.
Burdock.
Cherry-tree.

Winter

Winter Cherries.
Chickweed.
Cichpeaſe.
Clary.
Cocks-head.
Coltsfoot.
Cowſlips.
Daiſies.
Devils-bit.
Elder.
Dwarf Elder.
Eringo.
Featherfew.
Figwort.
Filipendula.
Foxgloves.
Golden rod.
Gromwel.
Groundſel.
Herb Robert.
Herb True-love.
Kidney-wort.
Ladies Mantle.
Mallows.
Marſh Mallows.
Mercury.
Mints.
Motherwort.
Mugwort.
Nep, *or* Catmint.
Parſnip.
Peach-tree.
Pear-tree.
Penyroyal.
Perewinkle.
Plantan.
Plum-tree.
Primroſes.
Rewort.
Rocket.
Winter-Rocket.
Damask Roſes.
Wood Sage.
Sanicle.
Self heal.
Sopewort, *or* Bruiſewort.
Sorrel.
Wood Sorrel.
Sowthiſtles.
Spignel.
Strawberries.
Garden Tanſy.
Wilde Tanſy, *or* Silver-weed.
Teazles.
Vervain.
Vine-tree.
Violets.
Wheat.
Yarrow.

under Mercury *are*

Calamint, *or* Mountain Mint.
Carrots.
Carraway.

Dill

Dill.
Elicampane.
Fern.
Fennel.
Hogs Fennel.
Germander.
Hazel Nut-tree.
Horehound.
Houndſtongue.
Lavender.
Liquoris.
Wall-Rhue.
Maidenhair.
Golden Maidenhair.
Sweet Marjoram.
Melilot.
Moneywort.
Mulberry-tree.
Oats.
Parſley.
Cow Parſnep.
Pellitory of the wall.
Groundpine, *or* Chamepitys.
Reſt-Harrow, *or* Chamock.
Sampire.
Summer and winter Savory.
Scabious.
Smallage.
Southernwood.
Meadow Trefoyl.
Garden Valerian.
Woodbinde, *or* Honey-Suckles.

Under the Moon *are*

Adders Tongue.
Cabbages.
Coleworts.
Sea Coleworts.
Columbines.
Watercreſſes.
Duckmeat.
Yellow Waterflag.
Flower-de-luce.
Fluellin.
Ivy.
Lettice.
Water-Lillies.
Looſeſtrife, with, and without ſpiked heads
Moonwort.
Mouſear.
Orpine.
Poppies.
Purſlain.
Privet.
Rattle-graſs.
White Roſes.
White Saxifrage.
Burnet Saxifrage.
Wall-flowers, *or* winter-gilliflowers.
Willow-tree.

The

The Engliſh Phyſician.

Adders Tongue.

Deſcription. THis ſmall Herb hath but one Leaf; which grows with the ſtalk a fingers length above the ground, being fat, and a freſh green colour, broad, like the water Plantane (but leſs) without any middle Rib in it: from the bottom of which leaf on the inſide, riſeth up (ordinarily) one, ſometimes two or three ſmall ſlender ſtalks, the upper half whereof is ſomewhat bigger, and dented with ſmall round dents of a yellowiſh green colour, like the Tongue of an Adder or Serpent, (onely this is as uſefull as they are formidable) The Root continues all the year.

Place. It groweth in moiſt Meadows, and ſuch like places.

Time. And is to be found in April and May, for it quickly periſheth with a little heat.

Virtues and Uſe. It is temperate, in reſpect of heat, but dry in the ſecond degree. The juyce of the leaves drunk with the diſtilled water of Horſtail is a ſingular remedy for all manner of Wounds in the breaſt, bowels, or other parts of the body, and is given with good ſucceſs unto thoſe who are troubled with Caſting, Vomiting or bleeding at the mouth or noſe, or otherwiſe downwards. The ſaid juyce given in the diſtilled water of Oaken buds is very good for Women who have their uſual Courſes, or the Whites flowing down too abundantly. It helps ſore eyes. The leaves infuſed or boyled in Oyl Omphacine, or unripe Olives ſet in the Sun for certain days, or the green leaves ſufficiently boyled in the ſaid Oyl, is made an excellent green Balſom, not onely for green and freſh Wounds, but alſo for old and inveterate Ulcers, eſpecially if a little fine clear Turpentine be diſſolved therein: it alſo ſtayeth and repreſſeth all Inflammations that ariſe upon pains, by hurts, or wounds.

Wounds in the Breaſt, bowels, vomiting bleeding, Terms ſtops, whites, wounds, Ulcers, Inflammations in wounds

It is an Herb under the dominion of the Moon in Cancer, and therefore if the weakneſs of the retentive faculty be cauſed by any evil Influence of Saturn, in any part of the body governed by the Moon, or under the do-

minion of Cancer, this herb cures it by ſympathy: It cures thoſe Diſeaſes before ſpecified in any part of the Body under the influence of Saturn, by antipathy.

What parts of the Body are under each Planet and Sign, and alſo what Diſeaſes may be found in my aſtrological judgement of Diſeaſes, and for the internal work of Nature in the Body of man, as vital, animal, natural, and procreative Spirit of man, the apprehenſion, judgement, memory, the external Senſes, viz. Seeing, hearing, ſmelling, taſting, and feeling; the Virtues, attractive, attentive, digeſtive, expulſive, &c. under the dominion of what Planets they are, may be found in my Ephemeris for the year 1651. in both which you ſhall finde the Chaff of Authours blown away by the ſame of D. Reaſon, and nothing but rational Truths left for the judgement of the ingenious to feed upon.

Laſtly, to avoid blotting Paper with one thing many times, and alſo to eaſe your purſes in the price of the Book, and withal to make you ſtudious in Phyſick, you have at the latter end of the Book, the way of preſerving all herbs either in juyce, Conſerve, Oyl, Oyntment, or Plaiſter, Electuary, Pill, or Troches.

Agrimony.

Deſcription. THis hath divers long leaves (ſome greater, ſome ſmaller) ſet upon a ſtalk, all of them dented about the edges; green above, and greyiſh underneath, and a little hairy withall: among which ariſeth up uſually, but one ſtrong, round, hairy, brown ſtalk, two or three foot high, with ſmaller leaves ſet here and there upon it, at the top whereof grow many ſmall yellow flowers one above another in long ſpikes: after which come rough heads of ſeeds hanging downwards, which will cleave to, and ſtick upon Garments, or any thing that ſhall rub againſt them. The Root is black, long, and ſomewhat woody, abiding many years, and ſhooting afreſh every Spring, which Root, though ſmall, hath a reaſonable good ſcent.

Place. It groweth upon banks near the ſides of hedges, or pales.

Time. And it flowereth in July and Auguſt, the ſeed being ripe ſhortly after.

Cleanſing, drying, binding liver, Jaundice, inward wounds, inward bruiſes. bloudy & troubled Urine.

Virtues and Uſes. It is of a cleanſing and cutting faculty without any manifeſt heat, moderately drying and binding; it openeth and cleanſeth the Liver, helpeth the Jaundice, and is very beneficial to the bowels, healing all inward Wounds, bruiſes, hurts, and other diſtempers. The decoction of the Herb made with Wine, and drunk, is good againſt the ſtinging and biting of Serpents, and helps them that have foul, troubled, or bloudy waters, and makes them piſs clear ſpeedily; it alſo helpeth the Chollick, cleanſeth the breaſt, and rids away the Cough. A draught of the decoction taken warm before the fit, firſt removes, and

in

in time rids away the Tertian and Quartan Agues: the leaves & ſeed taken in Wine, ſtayeth the bloudy Flux Outwardly applied, being ſtamped with old ſwines greaſe, it helpeth old ſores, Cancers, and inveterate Ulcers; and draweth forth thorns, ſplinters of wood, nails, or any other ſuch thing gotten into the fleſh; it helpeth to ſtrengthen the members that be out of joynt; and being bruiſed and applied, or the juyce dropped in, it helpeth foul and impoſthumed ears.

chollick, Breaſt, Cough, Tertian and quartan agues, Bloudy flux, Ulcers, Cancers, Thorns, Splinters and nails in the fleſh, Members out of joynt, Impoſthumes.

The diſtilled water of the Herb is good to all the ſaid purpoſes, either inward or outward, but a great deal weaker.

It is an Herb under Jupiter, and the ſign Cancer, and therefore ſtrengthens thoſe parts under that Planet and ſign, and removes diſeaſes in them by Sympathy, and thoſe under Saturn, Mars, and Mercury by Antipathy. If they happen in any part of the body governed by Jupiter, or under the ſigns, Cancer, Sagittary, or Piſces, and therefore muſt needs be good for the Gout, either uſed outwardly in an Oyl, or Oyntment, or inwardly in an Electuary, or Syrup, or concreated juyce, for which ſee the latter end of the book.

It is a moſt admirable remedy for ſuch whoſe Livers are annoyed either by heat or cold. The Liver is the former of bloud, the nouriſher of the body, and Agrimony and ſtrengthner of the Liver.

I cannot ſtand to give you a reaſon in every Herb why it cureth ſuch diſeaſes, but if you pleaſe to peruſe my judgement in the Herb Wormwood you ſhall finde them there, and it will be well worth your while to conſider it in every Herb, you ſhall finde them true throughout the book.

Alehoof, or Ground-Ivy.

Deſcription. THis well-known Herb, lieth, ſpreadeth, and creepeth upon the ground, ſhooting forth Roots, at the corners of the tender joynted ſtalks, ſet all along with two round leaves at every joynt, ſomewhat hairy, crumpled, and unevenly dented about the edges with round dents: at the joynts likewiſe with the leaves towards the end of the branches come forth hollow long flowers of a bluiſh purple colour, with ſmall white ſpots upon the lips that hang down: the Root is ſmall with ſtrings.

Place. It is commonly found under hedges, and on the ſides of ditches, under houſes, or in ſhadowed Lanes, and other waſte grounds in almoſt every part of the Land.

Time. They flower ſomewhat early, and abide ſo a great while; the leaves continue green untill winter, and ſometimes abide, except the winter be very ſharp and cold.

Virtues and Uſe. It is quick, ſharp, and bitter in taſte, and is thereby found to be hot and dry, a ſingular

Inward wounds, Pains, Griping, winde, choller, ſtomach, ſpleen, belly, ſtopping in the Liver, Gaul, Plague, Poyſon, Gout, Sciatica, Sore mouth & Throat, Ulcers in the privities, Itch, Scabs, web in the eye, redneſs and watering of them, Ulcers, noiſe in the ears, deafneſs.

Herb for all inward wounds, exulcerated Lungs, or other parts, either by it ſelf, or boyled with other the like Herbs: and being drunk, it in ſhort time eaſeth all griping pains, windy and Chollerick humours in the ſtomach, ſpleen, or belly: helps the yellow Jaundice by opening the ſtoppings of the Gaul and Liver, and Melancholly by opening the ſtoppings of the Spleen, expelleth venom or poyſon, and alſo the plague, it provoketh Urine, and womens Courſes. The decoction of it in wine drunk for ſome time together procureth eaſe unto them that are troubled with the Sciatica or Hipgout, as alſo the Gout in the hands, knees, or feet: and if you put to the decoction, ſome honey, & a little burnt Allum, it is excellent good to gargle any ſore mouth or throat, and to waſh the ſores and Ulcers in the privy parts of Man or Woman: it ſpeedily healeth green Wounds being bruiſed and bound thereunto: the juyce of it boyled with a little Honey and Verdigrees, doth wonderfully cleanſe Fiſtulaes, Ulcers, and ſtayeth the ſpreading or eating of Cancers and Ulcers; it helpeth the itch, ſcabs, wheals, and other breakings out in any part of the body. The juyce of Celandine, field Dayſies, and Ground-Ivy clarified, and a little fine Sugar diſſolved therein, and dropped into the eys, is a ſovereign remedy for all the pains, redneſs, and watering of them; as alſo for the Pin and Web, ſkins, and films growing over the ſight; it helpeth beaſts as well as men: the juyce dropped into the ears doth wonderfully help the noiſe and fingirg of them, and helpeth the hearing which is decayed. It is good to tun up with new drink, for it will ſo clarifie it in a night, that it will be the fitter to be drunk the next morning; or if any drink be thick with removing, or any other accident, it will do the like in a few hours.

It is an Herb of Venus, and therefore cures her diſeaſes by Sympathy, and thoſe of Mars by Antipathy; how to preſerve it all the year you ſhall finde at the latter end of the book.

Alexander.

Obſtructions of the Liver and Spleen, provokes the terms, After-birth, winde, provokes Urine, biting of Serpents.

Deſcription. IT is uſually ſown in all the Gardens in Europe, and ſo well known, that it needs no further deſcription.

Time. They flower in June and July, and the ſeed is ripe in Auguſt.

Virtues and Uſe. It warmeth a cold ſtomach, and openeth ſtoppings of the Liver and Spleen, it is good to move womens Courſes, to expell the After-birth, to break winde, to provoke Urine, and help the Strangury; and theſe things the ſeeds will do likewiſe, if either of them be boyled in Wine, or being bruiſed and taken in Wine, it is alſo effectual againſt the biting of Serpents. And now you know what Alexander-pottage, which is ſo familiar in this Citie is good for, that you

may

may no longer eat it out of ignorance, but out of knowledg.

The black Alder-tree.

Descri-ption. THis Tree seldom groweth to any great bigness, but for the most part abideth like a hedg, bush, or tree, spreading into branches, the wood of the body being white, and of a dark red core or heart; the outward Bark is of a blackish colour, with many white spots thereon: but the inner Bark next unto the wood is yellow, which being chewed will turn the spittle near into a Saffron-colour. The Leaves are somewhat like those of the ordinary Alder-tree, or the female Cornel, or Dog-berry-tree, called in Sussex Dog-wood, but blacker, and not so long. The flowers are white, coming forth with the Leaves at the joynts, which turn into small round berries, first green afterwards red, but blackish when they are through ripe, divided as it were into two parts, wherein is contained two small round and flat seeds: the Root runneth not deep into the ground, but spreadeth rather under the upper cruft of the earth.

Place. This tree or shrub may be found plentifully in St. Johns wood by Hornsey, and in the woods upon Hamsted-Heath, as also at a wood called the old Park in Barcomb in Sussex, near the Brooks side.

Time. It flowers in May, and the berries are ripe in September.

Virtues and Use. The inner yellow Bark hereof purgeth downwards both Choller and Flegm, and the watry humours of such as have the Dropsie, and strengtheneth the inward parts again by binding. If the Bark hereof be boiled with Agrimony, Wormwood, Dodder, Hops, and some Fennel, with Smalledg, Endive, and Succory-roots, and a reasonable draught taken every morning for some time together, it is very effectual against the Jaundice, Dropsie, and the evil disposition of the body, especially if some suitable purging Medicine have been taken before to avoid the grosser excrements; it purgeth & strengtheneth the Liver and Spleen, cleansing them from such evil humours and hardness as they are afflicted with: it is to be understood that these things are performed by the dried Bark, for the fresh green Bark taken inwardly provoketh strong vomitings, pains in the stomach, and gripings in the belly: yea if the Decoction may stand and settle two or three days untill the yellow colour be changed black, it will not work so strongly as before, but will strengthen the stomach, and procure an appetite to meat. The outer Bark contrariwise doth binde the body, and is helpfull for all Laks and fluxes thereof, but this also must be dried first, whereby it will work the better. The inner Bark hereof boiled in Vineger, is an approved remedy to kill Lice, to cure

Choller, flegm, Jaundice, dropsie, Chachexia, Liver, Spleen, Stomach, Weak appetite, lost, flux, Lice,

Itch, Scabs, Tooth-ach, Teeth loose.

the Itch, and take away the scabs by drying them up in a short time: it is singular good to wash the teeth, to take away the pains, to fasten those that are loose, to cleanse them, and keep them sound. The Leaves are good Fodder for Kine to make them give more milk.

If in the Spring-time you use the herbs before mentioned, and will but take a handfull of each of them, add to them a handfull of Elder-buds, and having bruised them all, boyl them in a Gallon of ordinary Beer when it is new, and having boyled them half an hour, add this to three Gallons more, and let them work together, and drink a draught of it every morning half a Pint or thereabouts; it is an excellent Purge for the Spring, to consume that flegmatick quality the Winter hath left behinde it, and withall keep your body in health, and consume those evil humours which the heat of Summer will readily stir up: esteem it as a Jewel.

The common Alder-tree.

Descri-ption. GRoweth to a reasonable heighth, and spreads much if it like the place; it is so generally well known unto Countrey people, that I conceive it needless to tell them that which is no news.

Place and Time. It delighteth to grow in moist Woods and watery places, flowering in April or May, and yielding ripe seed in September.

Cooling, drying, binding, weeding Fleas.

Virtues and Use. The Leaves and Bark of the Alder-tree are cooling, drying, and binding; the fresh Leaves laid upon swellings, dissolveth them, and stayeth the Inflammations, the Leaves put under the bare feet galled with travelling are a great refreshing to them: the said Leaves gathered while the morning dew is on them, and brought into a Chamber troubled with Fleas, will gather them thereinto, which being suddenly cast out will rid the Chamber of those troublesom Bed-fellows.

burnings, Inflammations,

It is a tree under the Dominion of Venus, and of some watry sign or other, I suppose Pisces, and therefore the decoction, or distilled water of the Leaves is excellent against burnings, and Inflammations, either with Wounds or without, to bath the place grieved with, and especially for that Inflammation in the breast, which the vulgar call an Ague.

If you cannot get the Leaves, as in Winter it is impossible, make use of the Bark in the same manner.

Angelica.

TO write a Description of that which is so well known to be growing in almost every Garden, I suppose is altogether needless: yet for its virtues it is of admirable use.

In time of Heathenism when men had found out any

any excellent herb, &c. they dedicated it to their gods, as the Bay-tree to Apollo, the Oak to Jupiter, the Vine to Bacchus, the Poplar to Hercules: theſe the Papiſts following as their Patriarchs, they dedicate them to their Saints, as our Ladies Thiſtle to the bleſſed Virgin, St. Johns Wort to St. John, and another Wort to St. Peter, &c. Our Phyſicians muſt imitate like Apes, (though they cannot come off half ſo cleverly) for they blaſphemouſly call Panſies or Hearts-eaſe an Herb of the Trinity, becauſe it is of three colours: and a certain Ointment, an Ointment of the Apoſtles, becauſe it conſiſteth of twelve Ingredients; Alas, poor Fools, I am ſorry for their folly, and grieved at their blaſphemy; God ſend them the reſt of their age, for they have their ſhare of ignorance already,; O! why muſt ours be blaſphemous, becauſe the Heathens and Papiſts were idolatrous? Certainly they have read ſo much in old rufty Authours, that they have loſt all their Deomity, for unleſs it were amongſt the Ranters, I never read or heard of ſuch blaſphemy: the Heathens and Papiſts were bad, and ours worſe; the Papiſts giving idolatrous names to herbs for their virtues ſakes, not for their fair looks: and therefore ſome called this an herb of the Holy Ghoſt, others more moderate called it Angelica, becauſe of its angelical virtues, and that name it retains ſtill, and all nations follow it ſo near as their Dialect will permit.

Virtues and uſe. It reſiſts poyſon by defending and comforting the heart, blood, and ſpirits, it doth the like againſt the Plague, and all epidemical diſeaſes, if the Root be taken in pouder to the weight of half a dram at a time, with ſome good Treacle in Carduus water, and the party thereupon laid to ſweat in his bed. If Treacle be not at hand, take it alone in Carduus or Angelica-water. The ſtalks or roots candied and eaten faſting, are good Preſervatives in times of Infection; and at other times to warm and comfort a cold ſtomach. The root alſo ſteeped in Vineger, and a little of that Vineger taken ſometimes faſting, and the Root melted into is good for the ſame purpoſe. A water diſtilled from the Root ſimply, or ſteeped in Wine, and diſtilled in Glaſs, is much more effectual than the water of the Leaves; and this water drunk two or three ſpoonfuls at a time, ceaſeth all pains and torments coming of cold and winde, ſo as the body be not bound: and taken with ſome of the Root in pouder at the beginning helpeth the plurifie, as alſo all other diſeaſes of the lungs and breaſt, as Coughs Pthiſick, and ſhortneſs of breath, and a Syrup of the ſtalks doth the like: it helps pains of the Chollick, the Strangury, and ſtopping of the urine, procureth womens Courſes, and expelleth the after-birth, openeth the ſtoppings of the Liver and Spleen, and briefly eaſeth and diſcuſſeth all windineſs, and inward ſwellings. The decotion drunk before the fit of an Ague, that they may ſweat (if poſſible) before the fit come,

Poyſon, peſtilence epidemical diſeaſes,

cold, winde: Plurifie, cough, Lungs, breaſt, ſtrangury ſhortneſs of breath chollick, terms provokes, after-birth, ſtoppings of the Liver or Spleen,

indigeſtion; ſurfeit. toothach, biting of mad dogs

will in two or three times taking rid it quite away: it helps digeſtion, and it is a remedy for a ſurfeit. The juyce or the water being dropped into the eys or ears, helps dimneſs of ſight & deafneſs: the juyce put into the hollow teeth eaſeth their pains. The Roots in pouder made up in a Plaiſter with a little Pitch, and laid on the biting of a mad Dog, or any other venomous creature, doth wonderfully help: the juyce or the water dropped, or tents wet therein, and put into old filthy deep ulcers, or the pouder of the Root in want of either doth cleanſe and cauſe them to heal quickly, by covering the naked bones with fleſh. The diſtilled water applied to places pained with the Gout or Sciatica, doth give a great deal of eaſe.

ulcers; Gout; Sciatica.

The wilde Angelica is not ſo effectual as the Garden, although it may be ſafely uſed to all the purpoſes aforeſaid.

It is an herb of the Sun in Leo; let it be gathered when he is there, the Moon applying to his good Aſpect; let it be gathered either in his hour, or in the hour of Jupiter, let Sol be angular. Obſerve the like in gathering the herbs of other Plants, and you may happen do wonders. In all epidemical diſeaſes cauſed by Saturn, this is as good a Preſervative as grows.

Apples.

A Word or two of the moſt uſual kindes of Apples, though the Colledge of Phyſicians make uſe of none but ſuch as [vulgo vocati] Pearmains, [vel] Pippins.

Apples in general are cold and windy, and being of ſundry taſtes, Galen ſheweth thereby how to diſtinguiſh them: ſome have a ſharp taſte, and are good for fainting ſtomachs and looſe bellies; others ſowre, good to cool and quench thirſt; ſome ſharp, fit to cut groſs flegm; ſome ſweet, ſome diſtributed in the body, and as ſoon paſſed away, yet ſooner corrupted in the ſtomach if they be ſtaid: the beſt ſorts, before they be throughly ripe, are to be avoided, then to be roaſted or ſcalded is the beſt way to take them, and a little Spice or ſeeds caſt upon them and taken after meat, do ſtrengthen both ſtomach and bowels, eſpecially in thoſe that loath, or hardly digeſt their meat, or are given to caſting, or have a flux or laſk: thoſe that are a little ſowre and harſh uſed in that manner are fitteſt; ſweet Apples looſen the belly and drive forth Worms; ſowre Apples ſtop the belly, and provoke urine; and Crabs for this purpoſe are fitteſt: the ſweet Apples, as the Pippin and Pearmain, help to diſſolve melancholly humours, and to procure mirth, and therefore are fitteſt for [Confectio Alkermes] & [Syrupus de pomis.] The Leaves boiled and given to drink in hot Agues, where the heat of the Liver and ſtomach cauſeth the lips to break out, and the throat to

Fainting ſtomach, looſe bellies, thirſt; flegm, ſtomach, bowels; vomiting flux; looſen; worms; melancholly; Agues; heat of Liver & Stomach,

grow

grow dry, harſh, and furred, is very good to waſh and gargle it withall, and to drink down ſome. This may to good purpoſe be uſed when better things are not at hand, or cannot be had. The juyce of Crabs either Verjuyce or Cider, is of ſingular good uſe in the heat and faintings of the ſtomach, and againſt caſting to make a Poſſet with, or taken ſome of it alone by it ſelf. The juyce of Crabs, or Cider applied with wet cloaths therein to ſcalded or burnt places, cooleth, healeth, and draweth forth the fire. A rotten Apple applied to eys bloud-ſhotten, or inflamed with heat, or that are black and blue about them by any ſtroke or fall, and bound to all day or night, helpeth them quickly. The diſtilled water of rotten Apples doth cool the heat and inflammations of ſores, and is good to bath foul creeping Ulcers, and to waſh the face to take away ſpots, freckles, or other diſcolourings. The diſtilled water of good and ſound Apples is of ſpecial good uſe to procure mirth, and expell melancholly. The oyntment called Pomatum, if ſweet and well made, helpeth the chops in the lips or hands, and maketh ſmooth and ſupple the rough skin of the hands or face parched with winde or other accidents.

Scalding, Burning, Eyes, Inflammation, Ulcers, ſpots, Freckles, chaps in the Lips & hands

Thus my Authours.

All that I can ſay of Apples is this.

1. That they are extream windy.

2. That they provoke Urine, being roaſted (eſpecially Pomewaters) and mixed with fair water, and drunk up at night going to bed; half a dozen great ones mixed with a quart of water, excellently provokes Urine, if there be no material ſtone in the body: This I had of Gerhard, and have often known it proved, and always with good ſucceſs. All Apples looſen the belly, and pleaſure the ſtomach by their coolneſs.

Arrach wilde and ſtinking.

Deſcription. THis hath ſmall and almoſt round Leaves, yet a little pointed, and without dent or cut, of a duſky mealy colour, growing on the ſlender ſtalks and branches that ſpread on the ground, with ſmall flowers in cluſters ſet with the Leaves, and ſmall ſeeds ſucceeding like the reſt, periſhing yearly, and riſing again with its own ſowing. It ſmells like old rotten fiſh, or ſomething worſe.

Place. It grows uſually upon dunghils.

Time. They flower in June and July, and their ſeed is ripe quickly after.

Virtues and Uſe. Stinking Arrach is uſed as a remedy to help women pained, and almoſt ſtrangled with the Mother, by ſmelling to it: but inwardly taken, there is not a better remedy under the Moon for that diſeaſe. I would be large in the commendation of this Herb, were I but eloquent. It is an Herb under the dominion

of Venus, and under the ſign Scorpio: it is common almoſt upon every dunghill. The works of God are given freely to man, his medicines are common and cheap, and eaſie to be found, it is the medicines of the Colledge of Phyſicians that are ſo dear and ſcarce to finde, I commend it for an univerſal medicine for the womb, and ſuch a medicine as will eaſily, ſafely, and ſpeedily cure any diſeaſe thereof, as the fits of the Mother, Diſlocation, or falling out thereof, it cools the womb being over-heated. (And let me tell you this, and I will tell you but the truth. Heat of the womb is one of the greateſt cauſes of hard labour in Child-birth) It makes barren women fruitfull, it cleanſeth the womb if it be foul, and ſtrengthens it exceedingly; it provokes the Terms if they be ſtopped, and ſtops them if they flow immoderately. You can deſire no good to your womb, but this Herb will effect it; therefore if you love Children, if you love health, if you love eaſe, keep a Syrup always by you made of the juyce of this Herb and Sugar (or Honey if it be to cleanſe the womb) and let ſuch as be rich keep it for their poor neighbours, and beſtow it as freely as I beſtow my ſtudies upon them, or elſe let them look to anſwer it another day when the Lord ſhall come to make inquiſition for bloud.

Womb,

Archangel.

TO put a gloſs upon their practice; the Phyſicians call an Herb (which Countrey people vulgarly know by the name of Dead Nettle) Archangel, wherein whether they favour of more ſuperſtition or folly I leave to the judicious Reader. There is more curioſity than courteſie to my Countreymen uſed by others in the explanation, as well of the names, as deſcription of this ſo well known an Herb, which that I may not alſo be guilty of, take this ſhort deſcription firſt of the Red Archangel.

Deſcriptions. This hath divers ſquare ſtalks ſomewhat hairy, at the joynts whereof grow two ſad green Leaves dented about the edges, oppoſite to one another, the lowermoſt upon long foot-ſtalks, but without any toward the tops, which are ſomewhat round, yet pointed, and a little crumpled and hairy; round about the upper joynts where the Leaves grow thick, are ſundry gaping flowers of a pale reddiſh colour, after which come the ſeeds three or four in a huſk. The Root is ſmall and thriddy, periſhing every year: the whole Plant hath a ſtrong ſcent, but not ſtinking.

White Archangel hath divers ſquare ſtalks not ſtanding ſtraight upright, but bending downward, whereon ſtand two Leaves at a joynt, larger and more pointed than the other, dented about the edges, and greener alſo, more like unto Nettle-leaves but not ſtinking, yet hairy: At the joynts with the Leaves ſtand larger and more open gaping white flowers, in huſks round about the

the ſtalks (but not with ſuch a buſh of Leaves, as flowers ſet in the top, as is on the other) wherein ſtand ſmall roundiſh black ſeeds: the Root is white, with many ſtrings at it, not growing downward, but lying under the upper cruſt of the earth, and abideth many years increaſing: this hath not ſo ſtrong a ſcent as the former.

Yellow Archangel is like the white in the ſtalks and Leaves, but that the ſtalks are more ſtraight and upright, and the joynts with Leaves are further aſunder, having longer Leaves than the former; and the flowers a little larger and more gaping, of a fair yellow colour in moſt, in ſome paler. The Roots are like the white, onely they creep not ſo much under the ground.

Place. They grow almoſt every where, (unleſs it be in the middle of the ſtreet) the yellow moſt uſually in the wet grounds of Woods, and ſometimes in the drier, in divers Countries of this Nation.

Time. They flower from the beginning of the Spring all the Summer long.

Virtues and Uſe. The Archangels are ſomewhat hot and drier than the ſtinking Nettles, and uſed with better ſucceſs for the ſtopping and hardneſs of the Spleen, than they by uſing the Decoction of the Herb in Wine, and afterwards applying the Herb hot unto the Region of the Spleen as a Plaiſter, or the Decoction with Spunges. The flowers of the white Archangel are preſerved, or conſerved to be uſed to ſtay the whites and the flowers of the red to ſtay the Reds in women. It makes the heart merry, drives away melancholly, quickens the ſpirits, is good againſt quartan Agues, ſtancheth bleedings at mouth or noſe, if it be ſtamped and applied to the nape of the neck: the Herb alſo bruiſed, and with ſome Salt and Vineger, and Hogs greaſe laid upon any hard tumour or ſwelling, or that which is vulgarly called the Kings Evil, doth help to diſſolve or diſcuſs them, and being in like manner applied doth much allay the pains and give eaſe to the Gout, Sciatica, and other aches of the joynts and ſinews: it is alſo very effectual to heal all green wounds, & old ulcers, alſo to ſtay their fretting, gnawing, and ſpreading; it draweth forth ſplinters, and ſuch like things gotten into the fleſh, and is very good againſt bruiſes and burnings. But the yellow Archangel is moſt commended for filthy corrupt ſores and ulcers, yea, although they grow to be hollow, and to diſſolve tumours. The chief uſe of them is for women, it being an Herb of Venus, and may be found in my Guide for Women.

Spleen;

white, red, and yellow flux, melancholly, quartan Agues, bleeding at noſe, ſwelling, Kings Evil, gout, Sciatica, Joynts, Ulcers, old-ſores, bruiſes, burnings.

Arſmart.

Deſcription of the Milde.

THis hath broad Leaves ſet at the great red joynts of the ſtalks, with ſemicircular blackiſh marks on them uſually, yet ſometimes without: the flowers grow in long

long spikes usually either bluish or whitish with such like seed following. The root is long with many strings thereat perishing yearly; this hath no sharp taste (as another sort hath, which is quick and biting) but rather sower like Sorrel, or else a little drying or without taste.

Place. It grows in watery plashes, ditches, and the like, which for the most part are dry in Summer.

Time. It flowereth in June, and the seed is ripe in August.

Ulcers, cold swellings, Bruises, congealed bloud, tooth ach Fellons, or Andicoms, worms in the Ears, Fleas, tired Horses, Impost humes, Inflammations wounds.

Virtues and Use. It is of a cooling and drying quality, and very effectual for putrified ulcers in man or beast, to kill the Worms, and cleanse the putrified places: the juyce thereof dropped in, or otherwise applied, consumeth all cold swellings, and dissolveth the congealed bloud of bruises by strokes, falls, &c. A piece of the Root, or some of the seed bruised and held to an aching tooth, taketh away the pain. The Leaves bruised and laid to the joynt that hath a Fellon thereon, taketh it away. The juyce destroyeth Worms in the Ears being dropped into them: if the hot Arsmart be strewed in a Chamber it will soon kill all the Fleas; and the Herb or juyce of the cold Arsmart put to Horses or other Cattels sores will drive away the Fly in the hottest time of Summer: A good handfull of the hot biting Arsmart put under a Horses Saddle will make him travel the better, although he were half tired before: the milde Arsmart is good against hot Impost-humes and Inflammations at the beginning, and to heal green Wounds.

All Authours chop the virtues of both sorts of Arsmart together, as men chop Herbs for the Pot, when both of them are of clean contrary qualities; the hot Arsmart groweth not so high or tall as the milde doth, but hath many Leaves of the colour of Peach-leaves, very seldom or never spotted, in other particulars it is like the former, but may easily be known from it, if you will be but pleased to break a Leaf of it cross your Tongue, for the hot will make your Tongue to smart, so will not the cold; if you see them both together, you may easily distinguish them, because the milde hath far broader Leaves: and our Colledge of Physicians, out of their learned care for the publick good, Anglice, their own gain, mistake the one for the other in their new master-piece, whereby they discover, 1. Their ignorance, 2. Their carelesness, and he that hath but half an Eye may see their pride without a pair of Spectacles. I have done what I could to distinguish them in their virtues, and when you finde not the contrary named, use the cold. The truth is, I have not yet spoken with Dr. Reason, nor his brother Dr. Experience, concerning either of them both.

Asara-

Aſarabacca. *or Aſarum*

ASarabacca hath many heads riſing from the Roots, from whence come many ſmooth Leaves, every one upon his own foot-ſtalk, which are rounder and bigger than Violet Leaves, thicker alſo, and of a darker green ſhining colour on the upper-ſide, and of a paler yellow green underneath, little or nothing dented about the edges; from among which riſe ſmall, round, hollow, brown, green huſks, upon ſhort ſtalks about an inch long, divided at the brims into five diviſions, very like the cups or heads of the Henbane ſeed, but that they are ſmaller; and theſe be all the flowers it carrieth, which are ſomewhat ſweet, being ſmelled unto, and wherein, when they are ripe, is contained ſmall cornered, rough ſeeds, very like the kernels or ſtones of Grapes or Raiſins. The Roots are ſmall and whitiſh, ſpreading divers ways in the ground, and increaſing into divers heads; but not running or creeping under ground, as ſome other creeping Herbs do; they are ſomewhat ſweet in ſmell, reſembling Nardus, but more when they are dry, than green; and of a ſharp, but not unpleaſant taſte.

Place. It groweth frequently in Gardens.

Time. They keep their Leaves green all Winter, but ſhoot forth new in the Spring, and with them come forth thoſe heads or flowers which give ripe ſeed about Mid-ſummer, or ſomewhat after.

Virtues and Uſe. This Herb being drunk, not onely provoketh vomiting, but purgeth downward, and by Urine alſo, purging both Choller and Flegm: if you add to it ſome Spicknard, with the Whey of Goats Milk, or Honeyed water, it is made more ſtrong, but it purgeth flegm more manifeſtly than Choller, and therefore doth much help pains in the Hips and other parts; it being boyled in Whey, wonderfully helpeth the Obſtruction of the Liver and Spleen, and therefore is profitable for the Dropſie and Jaundice being ſteeped in Wine and drunk. It helps thoſe continual Agues that come by the plenty of ſtubborn humours: An Oyl made thereof by ſetting it in the Sun, with ſome Laudanum added to it, provoketh ſweating (the ridge of the back being anointed therewith) and thereby driveth away the ſhaking fits of Agues. I will not abide any long boiling, for it loſeth its chiefeſt ſtrength thereby; nor much beating, for the finer pouder doth provoke vomits and Urine, and the courſer purgeth downwards.

Cauſeth vomiting
Choller,
flegm,
Urine,
Obſtructions of the Liver and Spleen,
dropſie,
Jaundice
Agues,

The common Uſe hereof is to take the juyce of five or ſeven Leaves in a little drink to cauſe Vomitings: the Roots have alſo the ſame virtue, though they do not operate ſo forcibly, yet they are effectual againſt the biting of Serpents, and therefore is put as an ingredient both into Mithridate and Venice Treacle. The Leaves and Roots being boyled in Ly, and the head often waſhed therewith, while it is warm, comforteth the head and brain that is ill affected by taking cold, and helpeth the memory.

Serpents,
Head,
Memory.

I shall desire ignorant people to forbear the use of the Leaves, the Roots purge more gently, & may prove beneficial in such as have Cancers, or old putrified Ulcers, or Fistulaes upon their bodies, to take a dram of them in Pouder in a quarter of a pint of white Wine in the morning. The truth is, I fancy purging and vomiting Medicines as little as any man breathing doth, for they weaken nature, nor shall ever advise them to be used, unless upon urgent necessity. If a Physician be natures servant, it is his duty to strengthen his Mistriss as much as he can, and weaken her as little as may be.

Asparagus, Sparagus, or Sperage.

Descri-ption. IT riseth up at first with divers whitish green scaly heads, very brittle or easie to break while they are young, which afterwards rise up into very long and slender green stalks of the bigness of an ordinary riding Wand at the bottom of most, or bigger or lesser, as the Roots are of growth; on which are set divers branches of green Leaves, shorter and smaller than Fennel to the top, at the joynts whereof come forth small, mossie, yellowish flowers, which turn into round Berries, green at the first, and of an excellent red colour when they are ripe, shewing like beads of Corral, wherein are contained exceeding hard black seeds. The Roots are dispersed from a spongeous head into many long, thick, and round strings, whereby it suckeeth much nourishment out of the ground, and increaseth plentifully thereby.

Prickly Asparagus, Sparagus, or Sperage.

Descri-ption. IT groweth usually in Gardens; and some of it grows wilde, in Appleton meadow in Glocestershire, where the poor people do gather the buds, or young shoots, and sell them cheaper than our Garden Asparagus is sold at London.

Time. They do for the most part flower, and bear their Berries late in the year, or not at all, although they are housed in Winter.

Belly, strangury disury, Gout, sciatica, Eyes, Tooth-ach.

Virtues and use. The young buds, or branches boyled in ones ordinary broth, maketh the belly soluble and open, and boyled in white Wine, provoketh Urine being stopped, and is good against the Strangury, or difficulty of making water; it expelleth the Gravel and Stone out of the Kidneys, and helpeth pains in the Reins: and boyled in white Wine or Vineger it is prevalent for them that have their Arteries loosened, or are troubled with the Hip-gout, or Sciatica. The Decoction of the Roots boyled in Wine and taken, is good to clear the sight, and being held in the mouth easeth the Tooth-ach: and being taken fasting several mornings together stirreth up bodily lust in man or woman (what-

(whatsoever some have written to the contrary. The Garden Asparagus nourisheth more than the wilde; yet hath it the same effects in all the aforementioned diseases. The Decoction of the Roots in white Wine, and the back and belly bathed therewith, or kneeling or lying down in the same, or sitting therein as a Bath, hath been found effectual against pains of the Reins and Bladder, pains of the Mother and Cholick, and generally against all pains that happen to the lower parts of the body; and no less effectual against stiff and benummed Sinews, or those that are shrunk by Cramps, and Convulsions; and helpeth the Sciatica.

Reins, Bladder, Mother, cramp, Cholick, convulsion.

Ash-tree.

THis is so well known that time will be mis-spent, and Paper wasted in writing a Description of it, and therefore I shall onely insist upon the virtues of it.

Virtues and Use. The young tender tops with the Leaves taken inwardly, and some of them outwardly applied are singular good against the biting of the Viper, Adder, or any other venomous beast: and the water distilled therefrom, being taken a small quantity every morning fasting, is a singular Medicine for those that are subject to a Dropsie, or to abate the greatness of those who are too gross or fat. The Decoction of the Leaves in white Wine, helpeth to break the Stone, and expell it, and cureth the Jaundice. The ashes of the Bark of the Ash made into Ly, and those heads bathed therewith which are leprous, scabby, or scald, they are thereby cured. The kernels within the husks commonly called Ashen-keys, prevaileth against stitches and pains in the sides proceeding of winde, and avoideth away the stone by provoking Urine.

Adders and vipers biting, Dropsie, Stone, jaundice, Leprosie, scabs, scald heads, stitches, Stone, dysury, Rickets.

I can justly except against none of all this save onely the first, viz. That Ash-tree Tops and Leaves are good against the biting of Serpents and Vipers, and I suppose this had its rise from Gerard, or Pliny, both which hold that there is such an antipathy between an Adder and an Ash-tree, that if an Adder be compassed round with Ash-tree Leaves, she will sooner run through the fire than through the Leaves, the contrary to which is the truth, as both my eyes are witnesses: the rest are virtues something likely, onely if it be in Winter when you cannot get the Leaves, you may safely use the Bark instead of them, the Keys you may easily keep all the year, gathering them when they are ripe.

Avens.

Descri-ption. THe ordinary Avens hath many long, rough, dark green winged Leaves, rising from the Root, every one made of many Leaves set on each side

of the middle rib the largeſt three whereof grow at the ends, and are ſnipt or dented about the edges: the other being ſmall pieces, ſometimes two, and ſometimes four ſtanding on each ſide of the middle Rib underneath them; among which do riſe up divers rough or hairy ſtalks about two foot high branching forth with Leaves at every joynt, not ſo long as thoſe below, but almoſt as much cut in on the edges ſome into three parts, ſome into more: on the tops of the branches ſtand ſmall, yellow, pale flowers conſiſting of five leaves, like the flowers of Cinquefoil, but larger in the middle, whereof ſtandeth a ſmall green head, which when the flower is fallen, groweth to be rough, and round, being made of many long, greeniſh, purple ſeeds (like grains) which will ſtick upon your cloaths. The Root conſiſts of many brownish ſtrings or fibres, ſmelling ſomewhat like unto Cloves, eſpecially thoſe which grow in the higher, hotter, and drier grounds, and in the freer and clearer air.

Place. They grow wilde in many places under hedge-ſides, and by the path-ways in fields, yet they rather delight to grow in ſhadowy than in ſunny places.

Time. They flower in May and June for the moſt part, and their ſeed is ripe in July at the furtheſt.

Breaſt, Stitches, Winde, Belly, Stomach, inward Wounds, Heart, Cold, brain, Obſtructions, chollicks, Fluxes, ruptures, ſpots and marks in the face, Plague, Poyſon, digeſtion.

Virtues and Uſe. It is good for the diſeaſes of the Cheſt or Breaſt, for pains and ſtitches in the ſides, and to expell crude and raw humours from the belly and ſtomach by the ſweet ſavour and warming quality; it diſſolveth the inward congealed bloud, happning by falls or bruiſes, and the ſpitting of bloud, if the Roots either green or dried be boyled in Wine and drunk as alſo all manner of inward wounds or outward, if they be waſh'd or bathed therewith. The decoction alſo being drunk comforteth the heart, and ſtrengtheneth the ſtomach, and a cold brain, and therefore is good in the Spring-time to open Obſtructions of the Liver, and helpeth the winde-chollick; it alſo helpeth thoſe that have fluxes, or are burſten, or have a Rupture: it taketh away ſpots or marks in the face, being waſhed therewith: the juyce of the freſh Root or powder of the dried Root hath the ſame effect with the decoction. The Root in the Spring-time ſteeped in Wine doth give it a delicate ſavour and taſte, and being drunk faſting every morning comforteth the heart, and is a good Preſervative againſt the Plague, or any other poyſon; it helpeth digeſtion, and warmeth a cold ſtomach, and openeth the Obſtructions of the Liver and Spleen.

It is very ſafe, you need have no Doſe preſcribed; and is very fit to be kept in every good bodies houſe.

Balm.

THis Herb is ſo well known to be an inhabitant almoſt in every Garden, that I ſhall not need to write any Deſcription thereof, although the virtues thereof, which are many, may not be omitted.

Vir-

Virtues and Uſe. The Arabian Phyſicians have extolled the virtues hereof to the ſkies, although the Greeks thought it not worth the mentioning. Serapio ſaith, it cauſeth the minde and heart to become merry, and reviveth the heart fainting into ſwownings, eſpecially of ſuch who are overtaken in their ſleep, and driveth away all troubleſom cares and thoughts out of the minde ariſing from melancholly, or black Choller; which Avicen alſo confirmeth. It is very good to help digeſtion, and open obſtructions of the brain; and hath ſo much purging quality in it (ſaith Avicen) as to expell thoſe melancholly vapours from the ſpirits and bloud which are in the heart and arteries, although it cannot do ſo in other parts of the body. Dioſcorides ſaith, that the Leaves ſteeped in Wine, and the Wine drunk, and the Leaves externally applied, is a remedy againſt the ſting of Scorpions: and the bitings of mad Dogs, and commendeth the decoction thereof for women to bath or ſit in, to procure their Courſes; it is good to waſh aching teeth therewith, and profitable for thoſe that have the bloudy flux. The Leaves alſo with a little Nitre taken in drink, are good againſt a Surfet of Muſhroms, helps the griping pains of the belly, and being made into an Electuary is good for them that cannot fetch their breath: uſed with Salt, it taketh away Wens, Kernels, or hard ſwellings in the fleſh or throat, it cleanſeth foul ſores, and eaſeth pains of the Gout: it is good for the Liver and Spleen. A Tanſie or Candle made with Eggs, and the juyce thereof while it is young, putting to it ſome Sugar and Roſe-water, is good for women in Childbed when the After-birth is not throughly avoided, and for their faintings upon, or after their ſore travel. The Herb bruiſed and boyled in a little Wine and Oyl, and laid warm on a Boil, will ripen and break it.

Minde, heart, fainting, ſwowning, Melancholly, indigeſtion, Obſtruction of the brain, heart, arteries, venomous beaſts, mad dogs, Tetter worms, Toothach, bloudy Flux, Muſhroms, difficulty of breathing, Gout, Liver, ſpleen, Women in childbed, fainting in travel, boils.

It is a Herb of Jupiter, and under Cancer, and ſtrengthens nature much in all its actions; let a Syrup made with the juyce of it and Sugar, (as you ſhall be taught at the latter end of the book) be kept in every Gentlewomans houſe, to relieve the weak ſtomachs and ſick bodies of their poor ſickly neighbours; as alſo the Herb kept dry in the houſe, that ſo with other convenient ſimples you may make it into an Electuary with Honey, according as the diſeaſe is, and as you ſhall be taught at the latter end of the book.

Barberry.

The ſhrub is ſo well known to every boy and girle that hath not attained to the age of ſeven years, that it needs no deſcription.

Virtues and Uſe. Mars owns the ſhrub, and preſents it to the uſe of my Countrey-men to purge their bodies of Choller. The inner rinde of the Barberry-tree

choller, Scabs, Itch, Tetters, Ring-worms, yellow jaundice, boils, Agues, burning, scaldings appetite lost, hair.

boiled in white-wine, & a quarter of a pint drunk each morning, is an excellent remedy to cleanse the body of Chollerick humours, and free it from such diseases as Choller causeth, such be Scabs, Itch, Tetters, Ring-worms, yellow Jaundice, Boils, &c. It is excellent for hot Agues, burnings, scaldings, heat of bloud, heat of the Liver, bloudy flux, for the Berries are as good as the Bark, and more pleating; they get a man a good stomach to his victuals, by strengthning the attractive faculty, which is under Mars, as you may see more at large in my latter end of my Ephemeris for the year 1651. The hair washed with the Ly made with the ashes of the Tree and water, will make it turn yellow, viz. of Mars his own colour. The fruit and rinde of the shrub, the flowers of Broom and of Heath, or Furz, cleanse the body of Choller by Sympathy, as the flowers, Leaves, and Bark of the Peach-tree do by Antipathy; because these are under Mars, that under Venus.

Barley.

THe continual usefulness hereof hath made all in general so acquainted herewith, that it is altogether needless to describe its several kindes hereof plentifully growing, being yearly growing in this Land. The virtues whereof take as followeth.

Virtues and Use. Barley in all the parts & compositions thereof (except Malt) is more cooling than Wheat, and a little cleansing: and all the preparations thereof; as Barley-water, and other things made thereof, do give great nourishment to persons troubled with Feavers, Agues, and heats in the stomach. A Pultis made of Barley-meal, or flour boyled with Vineger and Honey, and a few dry Figs put into them, dissolveth all hard Impostumes, and asswageth Inflammations being thereto applied: and being boiled with Melilot and Chamomel flowers, and some Linseed, Fengreek, and Rue in pouder, and applied warm, it easeth the pains in the sides and stomach, and windiness of the Spleen. The Meal of Barley and Fleawort boiled in water, and made into a Pultis with Honey and Oyl of Lillies, applied warm, cureth swellings under the ears, throat, neck, and such like: and a Plaister made thereof with Tar, Wax, & Oyl, helpeth the Kings Evil in the throat: boiled with sharp Vineger into a Pultis, and laid on hot, helpeth the Leprosie: being boiled in Red wine with Pomegranate-rindes and Mirtles, stayeth the Lask or other flux of the belly: boiled with Vineger and a Quince, it easeth the hot pains of the Gout, Barley-flower, white Salt, Honey & Vineger mingled together, taketh away the Itch speedily and certainly: the water distilled from the green Barley in the end of May is very good, for those that have defluxions of humours fallen into their Eyes, and easeth the pains being dropped into them: or white bread steeped therein and bound on the Eys, doth the same.

Feavers, Agues, Stomach, Impostumes, Inflammations, Spleen, Ears, Throat, Neck, Kings Evil, Leprosie, Flux, Gout, Itch, Eyes,

Garden

Garden Bazil, or Sweet Bazil.

Deſcription. THe greater ordinary Bazil riſeth uſually with one upright ſtalk diverſly branching forth on all ſides, with two Leaves at every joynt, which are ſomewhat broad and round, yet pointed, of a pale green colour, but freſh, a little ſnipt about the edges, and of a ſtrong heady ſcent: the flowers are ſmall and white, ſtanding at the tops of the branches, with two ſmall Leaves at the joynt, in ſome places green, in others brown, after which come black ſeed. The Root periſheth at the approach of Winter, and therefore muſt be new ſown every year.

Place. It onely groweth in Gardens.

Time. It muſt be ſowed late, and flowers in the heat of Summer, being a very tender Plant.

Virtues and Uſe. This is the Herb which all Authours are together by the ears about, and rail at one another like Lawyers: Galen and Dioſcorides hold it not fitting to be taken inwardly: and Chryſippus rails at it with down-right Billingſgate-Rhetorick. Pliny, and the Arabian Phyſicians defend it.

For my own part I preſently found that ſpeech true;

[Non noſtrum inter nos tantas componere lites.]

And away to Dr. Reaſon went I, who told me it was an Herb of Mars, and under the Scorpion, and perhaps therefore called Baſilicon, and then no mervel if it carry a kinde of virulent quality with it: being applied to the place bitten by a venomous beaſt, or ſtung by a Waſp or Hornet, it ſpeedily draws the poyſon to it; every like draws his like. Myzaldus affirms, that it being laid to rot in Horſe-dung, it will breed venomous beaſts. And Hollerius a French Phyſician affirms upon his own knowledge, that an acquaintance of his by common ſmelling to it, had a Scorpion bred in his brain. Something is the matter this Herb and Rue will not grow together, no, nor near one another: and we know Rue is as great an enemy to poyſon as any grows.

venomous beaſts, Bees, Waſps, Hornets.

To conclude; it expelleth both birth, and after-birth; and as it helps the deficiency of Venus in one kinde, ſo it ſpoils all her actions in another. I dare write no more of it.

The Bay-tree.

THis is ſo well known, that it needs no deſcription; I ſhall therefore onely write the virtues thereof, which are many.

Virtues and Uſe. Galen ſaith, that the Leaves or Bark do heal or dry very much, and the Berries more than the Leaves; the Bark of the Root is leſs ſharp and hot, but more bitter, and hath ſome aſtriction withall, whereby it is effectual to break the Stone, and good to open the Obſtructions of the Liver, Spleen, and

Stone, Obſtructions of the Liver & ſpleen

dropſie, Poiſon, Jaundice, Bees, Waſp, Hornets, Terms, provoketh, cauſe delivery, After-birth, Eyes, Lungs, coughs, ſhortneſs of breath, meagrim, wind, vertigo, diſtil, Moth, worms, Joints, Nerves, arteries, ſtomach, Belly, womb, Ears, marks in the skin, Itch, ſcabs.

and other inward parts, which bring the Dropſie, Jaundice, &c. The Berries are very effectual againſt all poyſon of venomous Creatures, and the ſtings of Waſps and Bees, as alſo againſt the Peſtilence, or other infectious diſeaſes, & therefore is put into ſundry Triacles for that purpoſe: they likewiſe procure womens Courſes, and ſeven of them given to a woman in ſore travel of Child-birth, do cauſe a ſpeedy delivery, and expell the after-birth; and therefore not to be taken by ſuch as have not gone out their time, leſt they procure abortment, or cauſe labour too ſoon: they wonderfully help all cold and rheumatick diſtillations from the brain to the eys, lungs, or other parts: and being made into an Electuary with Honey, do help the Conſumption, old Coughs, ſhortneſs of breath, and thin rheums; as alſo the Meagrim, they mightily expell winde, and provoke Urine, help the Mother, and kill the worms: the Leaves alſo work the like effects. A Bath of the decoction of the Leaves and Berries, is ſingular good for women to ſit in that are troubled with the Mother, or the diſeaſes thereof, or the ſtoppings of their Courſes, or for the diſeaſes of the bladder, pains in the bowels by winde, and ſtopping of Urine: a decoction likewiſe of equal parts of Bay-berries, Cummin-ſeed, Hyſop, Origanum, and Euphorbium, with ſome Honey, and the head bathed therewith doth wonderfully help diſtillations and rheums, and ſettleth the pallat of the mouth in its place. The Oyl made of the Berries is very comfortable in all cold griefs of the joynts, nerves, arteries, ſtomach, belly, or womb, and helpeth Palſies, Convulſions, Cramps, Aches, trembling and numneſs in any part, wearineſs alſo, and pains that come by ſore travelling: all pains and griefs likewiſe proceeding from winde either in the head, ſtomach, back, belly, or womb, by anointing the parts affected therewith: and pains in the ears are alſo cured by dropping in ſome of the Oyl, or by receiving into the ears the warm fume of the decoction of the Berries through a funnel. The Oyl takes away marks of the skin and fleſh by bruiſes, falls, &c. and diſſolveth the congealed bloud in them; it helpeth alſo the Itch, Scabs, and Wheals in the skin.

I ſhall but only add a word or two to what my friend hath written, viz. that it is a tree of the Sun, and under the Celeſtial ſign Leo, and reſiſteth Witchcraft very potently, as alſo all the evils old Saturn can do to the body of man, and they are not a few, for it is the ſpeech of one, and I am miſtaken if it were not Myzaldus, that neither Witch nor Devil, Thunder nor Lightning will hurt a man in the place where a Bay tree is.

Beans.

BOth the garden and field Beans are ſo well known, that it ſaveth me labour of writing any deſcription of them: their virtues briefly are as followeth.

The

The diſtilled water of the flowers of garden Beans is good to cleanſe the face and ſkin from ſpots and wrinkles, and the meal or flower of them, or the ſmall, doth the ſame. The water diſtilled from the great huſks is held to be very effectual againſt the Stone, and to provoke Urine. Bean-flower is uſed in Pultiſſes to aſſwage Inflammations riſing upon wounds, and the ſwelling of womens breaſts, cauſed by the curding of their milk, and repreſſeth their milk: the flower of Beans and Fenug eek mixed with Honey, and applied to Fellons, Boils, Bruiſes, or blue marks by blows, or the Impoſthumes in the kernels of the ears, helpeth them all: and with Roſe-leaves, Frankincenſe, and the white of an Egg being applied to the Eys, helpeth them that are ſwoln, or do water, or have received any blow upon them, if uſed with white wine. If a Bean be parted in two, the ſkin being taken away, and laid on the place where a Leech hath been ſet, that bleedeth too much, it ſtayeth the bleeding. Bean-flower boiled to a Pultis with Wine and Vineger, and ſome Oyl put thereto, ceaſeth both pain and ſwelling of the Cods: the huſks boiled in water to a conſumption of a third part thereof ſtayeth a Laſk: and the aſhes of the huſks made up with old Hogs greaſe, helpeth the old pains, contuſions and wounds of the ſinews, the Sciatica and Gout. The field Beans have all the forementioned virtues as the garden Beans.

Soots, ſtone, diſury, Inflammations, Womens breaſts, Fellons, or Andicoms, boils, bruiſes, Ears, eys, leeches.

Cods ſwelled, flax, pain, Sinews, ſciatica, Gout.

Beans eaten are extream windy meat, but if after the Dutch faſhion, when they are half boyled you huſk them, and then ſtew them, (I cannot tell you how, for I never was Cook in all my life) they are wholeſomer Food.

French Beans.

Deſcription. THe French or Kidney Beans ariſeth up at firſt but with one ſtalk, which afterwards divideth it ſelf into many arms or branches, but alſo weak, that if they be not ſuſtained with ſticks or poles, they will lie fruitleſs upon the ground: at ſeveral places of theſe branches grow forth long foot-ſtalks, with every one of them three broad round and pointed green Leaves at the end of them, towards the tops whereof come forth divers flowers made like unto Peaſe bloſſoms, of the ſame colour for the moſt part that the fruit will be of, that is to ſay, white, yellow, red, blackiſh, or of a deep purple; but white is moſt uſual; after which come long and ſlender flat Pods, ſome crooked, ſome ſtraight, with a ſtring as it were running down the back thereof, wherein are contained flattiſh round fruit made to the faſhion of a Kidney; the Root is long, and ſpreadeth with many ſtrings annexed to it, and periſheth every year.

There is alſo another ſort of French Beans commonly growing with us in this Land, which is called the Scarlet-flowered Bean.

This ariſeth up with ſundry branches as the other, but runs up higher to the length of Hop-poles, about which they grow twining, but turning contrary to the Sun, having foot-ſtalks with three Leaves on each as on the other: the flowers alſo are in faſhion like the other, but many more ſet together, and of a moiſt Orient Scarlet colour. The Beans are larger than the ordinary kinde, of a deep purple colour, turning black when it is ripe and dry: the Root periſheth alſo in Winter.

Diſury, Shortneſs of breath, incites to Venery, A gallant ſhew.

Virtues. The ordinary French Beans are of an eaſie digeſtion, they move the belly, provoke Urine, inlarge the breaſt that is ſtraitned with ſhortneſs of breath, ingender Sperm, and incite Venery.

And the Scarlet coloured Beans, in regard of the glorious beauty of their colour, being ſet near a Quickſet-Hedge, will bravely adorn the ſame, by climbing up thereon; ſo that they may be diſcerned a great way, not without admiration of the beholder at a diſtance. But they will go near to kill the Quickſets by cloathing them in Scarlet.

Ladies Bedſtraw.

Deſcription. THis ariſeth up with divers ſmall brown and ſquare upright ſtalks a yard high or more, ſometimes branched forth into divers parts, full of joynts, and with divers very fine ſmall Leaves at every one of them, little or nothing rough at all: at the tops of the branches grow many long tufts or branches of yellow flowers very thick ſet together, from the ſeveral joynts which conſiſt of four ſmall Leaves apiece, which ſmell ſomewhat ſtrong, but not unpleaſant: the ſeed is ſmall, and black, like Poppy-ſeed, two for the moſt part joyned together: the Root is reddiſh with many ſmall thrids faſtned unto it, which take ſtrong hold of the ground, and creeperh a little: and the branches leaning a little down to the ground take Root at the joynts thereof, whereby it is eaſily increaſed.

There is alſo another ſort of Ladies bedſtraw growing frequently in England, which beareth white flowers as the other doth yellow; but the branches of this are ſo weak, that unleſs it be ſuſtained by the Hedges or other things near which it groweth, it will lie down on the ground; the Leaves a little bigger than the former, and the flowers not ſo plentifull as thoſe; and the Root hereof is alſo thriddy, and abiding.

Place. They grow in meadows and paſtures both wet and dry, and by the Hedges.

Time. They flower in May for the moſt part, and the ſeed is ripe in July and Auguſt.

Stone, diſury, bleeding, wounds.

Virtues and Uſe. The decoction of the former of theſe being drunk is good to fret and break the Stone, and provokes Urine, ſtayeth inward bleedings, and healeth inward Wounds: the Herb or flower bruiſed, and put up into the noſtrils ſtayeth their bleeding like-

likewiſe: the flowers and the Herb made into an Oyl by being ſet in the Sun, and changed after it hath ſtood ten or twelve days; or into an Oyntment being boyled in Axungia, or Sallet-oyl with ſome Wax melted therein after it is ſtrained; either the Oyl made thereof, or the Oyntment do help burnings with fire, or ſcalding with water: the ſame alſo, or the decoction of the Herb and flower is good to bath the feet of travellers and Lacquies, whoſe long running cauſeth wearineſs and ſtifneſs in the ſinews and joynts; if the decoction be uſed warm, and the joynts afterwards anointed with the Oyntment. It helpeth the dry ſcab, and the itch in Children: and the Herb with the white flower is alſo very good for the ſinews, arteries, and joynts to comfort and ſtrengthen them after travel, cold and pains.

b urnings,
g alled
f ed,
w arineſs,
ſt ifneſs
o f joynts,
ſ abs,
i tch.

They are both Herbs of Venus, and therefore ſtrengthen the parts both internal and external, which the rules.

Beets.

Deſcription. THere are two ſorts of Beets which are beſt known generally, and whereof I ſhall principally intreat at this time, viz. The white and the red Beets, and their virtues.

The common white Beet hath many great Leaves next the ground ſomewhat large, and of a whitiſh green colour: the ſtalk is great, ſtrong and ribbed, bearing great ſtore of Leaves upon it almoſt to the very top of it: the flowers grow in very long tufts, ſmall at the ends, and turning down their heads, which are ſmall, pale, greeniſh, yellow burs, giving cornered prickled ſeed. The Root is great, long and hard, and when it hath given ſeed, of no uſe at all.

Cleanſe,
d igeſt.
d iſcury,
o bſtru-
ctions
of the
L iver &
Sp leen,
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mit
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S. An-
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w heals,
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bl ains,
kibes,
itch,
D andrif,
ſcurff,
ſcabs,

The common red Beet differeth not from the white, but onely it is leſſer, and the Leaves and the Roots are ſomewhat red: the Leaves are differently red, in ſome onely with red ſtrakes or veins, ſome of a freſh red, and others of a dark red. The Root hereof is red, ſpungy, and not uſed to be eaten.

The white Beet doth much looſen the belly, and is of a cleanſing and digeſting quality, and provoketh Urine: the juyce of it openeth Obſtructions both of the Liver and Spleen, and is good for the head-aches, and ſwimmings therein, and turnings of the brain, and is effectual alſo againſt all venomous creatures: and applied upon the temples, ſtayeth Inflammations in the Eys; it helpeth burnings being uſed without Oyl, and with a little Allum put to it, is good for S. Anthonies fire. It is alſo good for all wheals, puſhes, bliſters and blains in the ſkin; the Herb boyled and laid upon chilblains or kibes, helpeth them: the decoction thereof in water and ſome Vineger helpeth the itch, if bathed therewith, and cleanſeth the head of dandrif, ſcurf, and dry ſcabs, and doth much good for fret-

Ulcers, canker, baldneſs, flux, terms ſtops, whites, ſtinking breath, Noiſe in the ears, toothach, ſmell loſt.

fretting and running ſores, Ulcers, and Cankers in the Head, Legs, or other parts, and is much commended againſt baldneſs, and ſhedding of hair.

The red Beet is good to ſtay the bloudy flux, womens Courſes, and the Whites, and to help the yellow Jaundice. The juyce or the Root put into the noſtrils purgeth the head, helpeth the noiſe in the ears, and the tooth ach; the juyce ſnuffed up the noſe helps a ſtinking breath, if the cauſe lies in the noſe, as many times it doth, if any bruiſe have been there, as alſo want of ſmell coming that way.

Water Betony.

Deſcription. FIrſt of the Water Betony, which riſeth up with ſquare hard greeniſh ſtalks, and ſometimes brown, ſet with broad dark green Leaves, dented about the edges with notches, ſomewhat reſembling the Leaves of the Wood Betony, but much larger, two for the moſt part ſet at a joynt. The flowers are many, ſet at the tops of the ſtalks and branches, being round bellied, and open at the brims, and divided into two parts, the upper moſt being like a hood, and the loweſt like a lip hanging down, of a dark red colour, which paſſing away, there comes in their places ſmall, round heads with ſmall points in the ends, wherein lie ſmall and browniſh ſeeds: the Root is a thick buſh of ſtrings and threds growing from the head.

Place. It groweth by ditch-ſides, brooks, and other water-courſes generally through the Land, and is ſeldom found far from the waters ſides.

Time. It flowereth about July, and the ſeed is ripe in Auguſt.

Ulcers, bruiſes, ſun burnings.

Virtues and Uſe. It is of a cleanſing quality; the Leaves bruiſed and applied are effectual for all old and filthy Ulcers; and eſpecially if the juyce of the Leaves be boyled with a little Honey, and tents dipped therein, and the ſores dreſſed therewith: as alſo for bruiſes or hurts, whether inward or outward. The diſtilled water of the Leaves is uſed for the ſame purpoſe; as alſo to bath the face or hands ſpotted or blemiſhed, or diſcoloured by Sun-burning.

I confeſs I do not much fancie diſtilled water, I mean ſuch waters as are diſtilled cold, ſome virtue of the Herb they may happily have (it were a ſtrange thing elſe) but this I am confident of, that being diſtilled in a Pewter Still, as the vulgar and apiſh faſhion is, both Chymical Oyl and Salt is left behinde, unleſs you burn them, and then all is ſpoiled, water and all, which was good for as little as can be by ſuch a diſtillation. You have the beſt way of diſtillation in my Tranſlation of the London Diſpenſatory. The Colledge of Phyſicians having as much skill in diſtillations as an Aſs hath in reading Hebrew.

Water

Water Betony is an Herb of Jupiter in Cancer, and is appropriated more to wounds and hurts in the breast than Wood Betony which follows.

Wood Betony.

Deſcription. THe common or Wood Betony hath many Leaves riſing from the Root, which are ſomewhat broad and round at the ends, roundly dented about the edges, ſtanding upon long foot-ſtalks from among which riſe up ſmall, ſquare, ſlender, but yet upright hairy ſtalks, with ſome Leaves thereon, two a piece at the joynts, ſmaller than the lower, whereon are ſet ſeveral ſpiked heads of flowers like Lavender, but thicker and ſhorter for the moſt part, and of a reddiſh or purple colour, ſpotted with white ſpots both in the upper and lower part: the ſeeds being contained within the huſks that hold the flowers, are blackiſh ſomewhat long and uneven. The Roots are many white threddy ſtrings: the ſtalk periſheth, but the Root with ſome Leaves thereon abides all the Winter. The whole Plant is ſomewhat ſmall.

Place. It groweth frequently in woods, and delighteth in ſhady places.

Time. And it flowreth in July, after which the ſeed is quickly ripe, yet in its prime in May.

Virtues and Uſe. Antonius Muſa Phyſician to the Emperour Auguſtus Cæſer, wrote a peculiar Book of the virtues of this herb, and amongſt other virtues, ſaith of it, that it preſerveth the lives and bodies of men free from the danger of epidemical diſeaſes, and from witchcrafts alſo: it is found by daily experience to be good for many diſeaſes: it helpeth thoſe that loath, or cannot digeſt their meat, thoſe that have weak ſtomachs, or ſower belchings, or continual riſing in their ſtomach, uſing it familiarly either green or dry, either the herb, the root, or the flowers in broth drunk, or meat, or made into Conſerve, Syrup, Water Electuary, or Pouder, as every one may beſt frame themſelves unto, or as the time or ſeaſon requireth, taken any of the aforeſaid ways. It helpeth the Jaundice, Falling ſickneſs, the Palſie, Convulſions or ſhrinking of the ſinews, the Gout, and thoſe that are inclined to Dropſies, thoſe that have contin al pains in their head, although it turn to Phrenſie. The Pouder mixed with pure Honey is no leſs available for all ſorts of Coughs, or Colds, wheeſing or ſhortneſs of breath, diſtillation of thin Rheum upon the Lungs, which cauſeth Conſumptions. The decoction made with Mead and a little Penyroyal, is good for thoſe who are troubled with putrid Agues, whether quotidian, tertian, or quartan, and to draw down and evacuate the Bloud and humours that by falling into the eys do hinder the ſight: the decoction thereof made in wine and taken, killeth the worms in the belly, openeth Obſtructions both

Epidemical diſeaſes witchcraft appetite indigeſtion ſtomach belching jaundice falling-ſickneſs palſie convulſion ſhrinking of the ſinews Gout Dropſie Frenſie cough Cold ſhortneſs of breath agues of all ſorts ſore eys Worms

Obstructions of the Liver and spleen, stitches, pains in the back, belly, terms provokes, mother, childbirth, stone, toothach, venomous beasts, mad dogs weariness bleeding at mouth and nose, pissing and spitting of bloud, ruptures, Bruises, wounds, veins and sinews cut, ulcers, fistulaes, boils, Ears.

both of the Spleen and Liver, cureth stitches and pains in the back, or sides, the torments or griping pains of the bowels, and the winde-chollick; and mixed with Honey purgeth the belly, helpeth to bring down womens Courses, and is of especial use for those that are troubled with the falling down of the Mother, and pains thereof, and causeth an easie and speedy delivery of women in childbirth: it helpeth also to break and expell the Stone either in the bladder or kidneys. The decoction with wine gargled in the mouth, easeth the tooth-ach. It is commended against the sting or biting of venomous serpents or mad dogs Being used inwardly, and applied outwardly to the place. A dram of the Pouder in Betony taken with a little Honey in some Vineger, doth wonderfully refresh those that are overwearied by travel; it stayeth bleedings at the mouth or nose, and helpeth those that piss or spit bloud, or those that are burften or have a rupture, and is good for such as are bruised by any fall or otherwise. The green herb bruised, or the juyce applied to any inward hurt or outward green wound in the head or body will quickly heal or close it up, as also any veins or sinews that are cut; and will draw forth any broken bone or splinter, thorn or other thing gotten into the flesh: it is no less profitable for old sores, or filthy ulcers, yea, though they be fistulous and hollow but some do advise to put in a little Salt to this purpose: being applied with a little Hogs lard, it helpeth a Plague-sore, and other boils and pushes: the fumes of the decoction while it is warm received by a funnel into the ears, easeth the pains of them, destroyeth the worms, and cureth the running sores in them. The juyce dropped into them doth the same. The root of Betony is displeasing both to the taste and stomach, whereas the Leaves and flowers by their sweet and spicy taste, are comfortable both in Meat and Medicine.

There are some of the many virtues Antony Musa an expert Physician (for it was not the practice of Octavius Cæsar to keep fools about him) appropriates to Betony; it is a very precious herb that is certain, and most fitting to be kept in a mans house both in Syrup, Conserve, Oyl, Ointment, and Plaister. The flowers are usually conserved.

The herb is appropriated to the Planet Jupiter, and the Sign Aries.

The Beech tree.

IN treating of this tree, you must understand that I mean the great Mast Beech; which is by way of distinction from that other small rough sort, called in Sussex, the small Beech; but in Essex, Hornbeam.

I suppose it needless to describe it, being already so well known to my Countreymen.

Place,

Place. It groweth in woods amongſt Oaks, and other trees, and in Parks, Forreſts, and Chaſes, to feed Deer; and in other places to fatten ſwine.

Time. It bloometh in the end of April, or beginning of May for the moſt part, and the fruit is ripe in September.

Virtues and Uſe. The Leaves of the Beach-tree are cooling and binding and therefore good to be applied to hot ſwellings to diſcuſs them: the nuts do much nouriſh ſuch beaſts as feed thereon: the water that is found in the hollow places of decaying Beeches, will cure both man and beaſt of any ſcurf, ſcab, or running Tetters, if they be waſhed therewith. You may boil the Leaves into a Pultis, or make an Ointment of them when time of year ſerves.

Cools, binds, hot ſwellings, ſcurf, ſcabs, tetters.

Bilberries: called alſo by ſome Whorts, and Whortle-berries,

Deſcription. OF theſe I ſhall onely ſpeak of two ſorts, which are commonly known in England, viz. The black and the red Bilberries. And firſt of the black.

This ſmall buſh creepeth along upon the ground, ſcarce riſing half a yard high, with divers dark, ſmall green Leaves ſet on the green branches, not always one againſt another, and a little dented about the edges: at the foot of the Leaves come forth ſmall, hollow, pale, bluſh-coloured flowers, the brims ending in five points, with a reddiſh thred in the middle which paſs into ſmall round berries of the bigneſs and colour of Juniper berries, but of a purple ſweetiſh ſharp taſte; the juyce of them giveth a purpliſh colour to their hands and lips that eat and handle them, eſpecially if they break them. The root groweth aſloop under ground, ſhooting forth in ſundry places as it creepeth: this loſeth its leaves in winter.

The red Bilberry, or Whortle-buſh, riſeth up like the former, having ſundry harder leaves, like the Box-tree leaves, green and round pointed ſtanding on the ſeveral branches; at the tops whereof onely, and not from the ſides as in the former, come forth divers round flowers of a pale red colour, after which ſucceed round, reddiſh ſappy Berries when they are ripe, of a ſharp taſte: the root runneth in the ground, as the former; but the leaves of this abide all winter.

Place. The firſt groweth in Forreſts, on the Heaths, and ſuch like barren places: the red grows in the North parts of this Land, as Lincaſhire, Yorkſhire, *&c.*

Time. They flower in March and April; and the fruit of the black is ripe in June and July.

Virtue and Uſe. The black berries are good in hot Agues, and to cool the heat of the Liver and ſtomach; they do ſomewhat binde the belly, and ſtay vomitings and loathings: the juyce of the berries made into a

Agues, ſtomach, Liver, vomiting, appetite, loſt.

Cough, Phthisick, fluxes.

syrup, or the Pulp made into a Conserve with Sugar, is good for the purposes aforesaid; as also for an old Cough or an Ulcer in the Lungs, or other diseases therein. The red Whorts are more binding, and stop womens Courses, spitting of bloud, or any other flux of bloud or humours, being used as well outwardly as inwardly.

Bifoyl, or Twayblade.

Descri-ption. THis small herb from a root somewhat sweet, shooting downwards many long strings, riseth up a round green stalk bare or naked next the ground for an inch, two or three to the middle thereof, as it is in age or growth, as also from the middle upward to the flowers, having onely two broad Plantan-like leaves (but whiter) set at the middle of the stalk one against another, and compasseth it round at the bottom of them.

Place. It is a usual inhabitant in Woods, Copses, and in many other places in this Land.

There is another sort growes in wet grounds and Mirishes, which is somewhat differing from the former: it is a smaller Plant, and greener, having sometimes three Leaves; the spike of flowers is less than the former, and the roots of this do run or creep in the ground.

They are much and often used by many to good purpose for wounds both green and old, and to consolidate and knit Ruptures.

The Birch-Tree.

Descri-ption. THis groweth a goodly tall straight Tree, fraught with many boughs and slender branches bending downward; the old ones being covered with a discoloured chapped Bark, and the younger being browner by much: the Leaves at their first breaking out are crumpled, and afterward like the Beech leaves, but smaller and greener, and dented about the edges: it beareth small short Catkins, somewhat like those of the Hazel-Nut-tree, which abide on the branches a long time, until growing ripe they fall on the ground, and their seed with them.

Place. It usually groweth in Woods.

Virtues. The juyce of the leaves while they are young, or the distilled water of them, or the water that comes out of the Tree, being bored with an Augar, and distilled afterwards; any of these being drunk for some time together, is available to break the Stone in the kidneys or bladder; and is good also to wash sore mouths.

Stone, sore mouths,

Birds-

Birds-foot.

THis small herb groweth not above a span high, with many branches spread on the ground, set with many wings of small leaves; the flowers grow upon the branches, many small ones of a pale yellow colour being set at a head together, which afterwards turn into so many small joynted Cods with seeds in them; the Cods well resembling the Claws of small birds, whence it took its name.

There is another sort of Birds-foot in all things like the former, but a little larger; the flowers of a pale whitish red colour, and the Cods distinct by joynts like the other, but a little more crooked, and the roots do carry many small white knots or kernels amongst the strings.

Place. These grow on Heaths, and many open untilled places of this Land.

Time. They flower and seed in the end of Summer.

Virtues and Use. They are of a drying, binding quality, and thereby very good to be used in wound-drinks, as also to apply outwardly for the same purpose. But the latter Birds-foot is found by experience to break the Stones in the Back or Kidneys, and drive them forth, if the decoct on thereof be taken; and it wonderfully helpeth the Rupture, being taken inwardly and outwardly applyed to the place. *Drying, binds, wounds, stone, ruptures.*

All Salts have best operation upon the Stone, as Ointments and Plaisters have upon wounds, and therefore if you may make a Salt of this for the Stone, the way how to do so may be found in my Translation of the London Dispensatory, and it may be I may give you again in plainer terms at the latter end of this book

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Bishops-weed.

Descri-ption. COmmon Bishops-weed riseth up with a round straight stalk, sometimes as high as a Man, but usually three or four foot high, beset with divers small, long, and somewhat broad leaves, cut in some places, and dented about the edges, growing one against another, of a dark green colour, having sundry branches on them, and at the top small umbles of white flowers, which turn into small round brown seed, little bigger than Parsly-seed, of a quick hot scent and taste: the root is white and stringy, perishing yearly after it hath seeded, and usually riseth again of its own sowing.

Place. It groweth wilde in many places in England and Wales, as between Green-heath and Gravesend. *Dissury, Terms, provokes winde, cholick.*

Virtues It digesteth humours, provoketh Urine and womens Courses, dissolveth Winde, and being taken in Wine easeth pains and gripings in the bowels and

Venemous beasts, cantharides, black and blue spots, high colour, mother.

is good against the biting of Serpents: It is used to good effect in those Medicines which are given to hinder the poysonfull operation of Cantharides upon the passages of the Urine: Being mixed with honey, and applied to black and blue marks, coming of blows or bruises, it takes them away: and being drunk or outwardly applied, it abateth an high colour, and makes it pale, and the fumes thereof taken with Rozin, or Raisins cleanseth the Mother.

It is hot and dry in the third degree, of a bitter taste, and something sharp withall; it provokes Lust to purpose; I suppose Venus owns it.

Bistort or Snake-weed.

Descri-ption. THis hath a thick, short, knobbed root, blackish without, and somewhat reddish within, a little crooked or turned together, of a harsh astringent taste with divers black threds hanging there, from whence spring up every year divers leaves standing upon long foot-stalks, being somewhat broad and long like a Dock-leaf, and a little pointed at the ends, but that it is of a bluish green colour on the upper side, and of an Ash colour gray, and a little purplish underneath, with divers veins therein; from among which rise up divers small and slender stalks, two foot high, and almost naked and without leaves, or with very few, and narrow, bearing a spiky bush of pale flesh coloured flowers, which being past, there abideth small seed, somewhat like unto Sorrel-seed, but greater.

There are other sorts of Bistort, growing in this Land, but smaller, both in height, root, and stalks, and especially in the leaves; the root blackish without, and somewhat whitish within, of an austere binding taste as the former.

Place. They grow in shadowy moist woods, and at the foot of hills, but are chiefly nourished up in Gardens. The narrow leaved Bistort groweth in the North, in Lancashire, Yorkshire, and Cumberland.

Poyson, plague, small pox, meazles, purples, epidemical diseases, inward bleeding, flux, vomiting, ruptures, Jaundice, venomous beasts,

Time. They flower about the end of May, and the seed is ripe about the beginning of July.

Virtues and Use. Both the leaves and roots have a powerfull faculty to resist all poyson: the root in pouder taken in drink expelleth the venom of the Plague, the small Pox, Meazles, Purples, or any other infectious Disease, driving it out by sweating: the root in pouder, or the decoction thereof in wine, being drunk, stayeth all manner of inward bleedings, or spittings of bloud, and any fluxes in the body of either man or woman, or vomitings; it is also very available against Ruptures or Burstings, or all bruises or falls, dissolving the congealed bloud, and ease h the pains that happen thereupon, it also helpeth the Jaundice. The water distilled from both leaves and roots, is a singular remedy to wash any place bitten or stung by any venomous creature;

creature; as also for any of the purposes before spoken of.

Ulcers, And is very good to wash any running sores or ulcers. The decoction of the root in wine being drunk, *Abortion* hindreth Abortion or miscarriage in child-bearing. *Worms,* The leaves also kill the worms in Children, and is a *Diabites,* great help for them that cannot keep their water if the *Running* juyce of Plantane be added thereto. And outwardly ap- *of the* plyed, much helpeth the Gonorrhea, or running of the *Reins,* Reins. A dram of the pouder of the Root taken in the water thereof, wherein some red hot Iron or Steel hath been quenched, is also an admirable help thereto so as the body be first prepared and purged from the offensive humours. The leaves, seed, or roots are all very *wounds,* good in decoctions, Drink, or Lotions, for inward or outward wounds, or other sores: and the pouder strewed upon any wound or cut in a vein, stayeth the *Bleeding,* immoderate bleeding thereof. The decoction of the roots in water, whereunto some Pomegranate pills and flowers are added, injected into the matrix stayeth the *Matrix,* acces of humours to the ulcers thereof, and bringeth it to its right place, being fallen down, and stayeth the immoderate flux of the Courses. The root hereof with *Terms,* Pellitory of Spain, and burnt Allum of each a like *stops.* quantity, beaten small and made into Paste with some Honey, and a little piece thereof put into a hollow Tooth or held between the teeth if there be no hollow- *Tooth-* nes in them, stayeth the defluxion of Rheum upon *ach,* them, which causeth pains, and helps to cleanse the head, and avoid much offensive water. The distilled water is very effectual to wash sores or Cankers in the *Head,* Nose or any other part, if the pouder of the root be *Cankers,* applied thereunto afterwards. It is good also to fasten *Gums,* the Gums, and to take away the heat and inflammati- *inflam-* ons that happen in the jaws, almonds of the throat or *mations,* mouth, if the decoction of the leaves, roots, or seeds *almonds* be used, or the juyce of them; but the roots are most *of the* effectual to all the purposes aforesaid. *ears,*

One-Blade.

Descri- THis small plant beareth more than one leaf, ption. but onely when it riseth up with its stalk which thereon beareth another, and seldom more which are of a bluish green colour, broad at the bottom, and pointed with many ribs or veins like Plantane: at the top of the stalk grow many small white flowers star-fashion smelling something sweet: after which come small reddish berries when they are ripe. The root is small, of the bigness of a Rush, lying and creeping under the upper crust of the earth, shooting forth in divers places.

Place. It groweth in moist, shadowy, grassie places of Woods in many places of this Realm.

Time. It flowreth about May, and the berries be

ripe in June, and then quickly periſheth until the next year it ſpringeth from the ſame again.

Peſtilence, wounds, nerves, hurt.

Virtues. Half a dram, or a dram at moſt of the roots hereof in pouder, taken in Wine and Vinegar of each a like quantity, and the party preſently laid to ſweat, is held to be a ſoverein remedy for thoſe that are infected with the Plague and have a ſore upon them, by expelling the poyſon, and defending the heart and ſpirits from danger: It is alſo accounted a ſingular good wound-herb, and therefore uſed with other herbs in making ſuch Balms as are neceſſary for the curing of wounds, either green or old, and eſpecially if the nerves or ſinews be hurt.

The Bramble or Black-berry-buſh.

THis is ſo well known that it needeth no deſcription. The Virtues thereof are as followeth.

Vlcers, ſores, quinſie, wounds, flux, bloudy flux, ſpitting bloud, gravel, ſtone, ſecrets, terms, ſtops, poyſon, venomous beaſts, fundament, Piles, Feavers, Head, Eys, itch, ſcabby heads.

Virtues and Uſe. The buds, leaves, and branches, while they are green, are of good uſe in the ulcers and putrid ſores of the mouth and throat, and for the Quinſie; and likewiſe to heal other freſh wounds and ſores; but the flowers and fruit unripe are very binding, and ſo profitable for the bloudy-flux, Laſks, and are a fit remedy for ſpitting of bloud. Either the decoction or pouder of the Root being taken is good to break or drive forth gravel, and the Stone in the Reins and kidneys. The Leaves and Brambles as well green as dry, are excellent good Lotions for ſores in the mouth or ſecret parts: the decoction of them and of the dryed branches, do much binde the belly, and are good for the too much flowing of womens Courſes: the berries or the flowers are a powerful remedy againſt the poyſon of the moſt venomous Serpents, as well drunk as outwardly applied, helpeth the ſores of the fundament, and the Piles The juyce of the berries mixed with juyce of mulberries, do binde more effectually, and help fretting and eating ſores and ulcers whereſoever. The diſtilled water of the branches, leaves and flowers, or of the fruit, is very pleaſant in taſte, and very effectual in Feavers, and hot diſtempers of the body, head, eys, and other parts, and for all the purpoſes aforeſaid. The leaves boiled in Ly, and the head waſhed therewith, healeth the Itch, and the running ſores thereof, and maketh the hair black. The pouder of the Leaves ſtrewed on cankrous and running ulcers doth wonderfully help to heal them. Some uſe to condenſate the juyce of the leaves, and ſome the juyce of the berries to keep for their uſe all the year, for the purpoſes aforeſaid.

It is a plant of Venus in Aries: you ſhall have ſome directions at the latter end of the Book for the gathering of all herbs and plants &c. If any aſk the reaſon why Venus is ſo prickly? Tell them it is becauſe ſhe is in the houſe of Mars.

Blites,

Blites.

Deſcription. OF theſe there are two ſorts commonly known, viz. White and Red. The white hath leaves ſomewhat like unto Beets, but ſmaller, rounder, and of a whitiſh green colour, every one ſtanding upon a ſmall long foot-ſtalk; the ſtalk riſeth up two or three foot high with ſuch like leaves thereon: the flowers grow at the top in long round tufts or cluſters, wherein are contained ſmall and round ſeed. The Root is very full of threds or ſtrings.

The red Blite is in all things like the white, but that his leaves and tufted heads are exceeding red at firſt, and after turn more purpliſh.

There are other kindes of Blites which grow wilde, differing from the two former ſorts but little, onely the wilde are ſmaller in every part.

Place. They grow in Gardens, and wilde in many places of this Land.

Time. They ſeed in Auguſt and September.

Virtues and Uſe. They are all of them cooling, drying and binding, ſerving to reſtrain the fluxes of bloud in either man or woman, eſpecially the red; which alſo ſtayeth the overflowing of womens Reds, as the white Blite ſtayeth the Whites in women. It is an excellent ſecret, you cannot well fail in the uſe; they are all under the Dominion of Venus. *Reds and Whites in women.*

There is one other ſort of wilde Blites, like the other wilde kindes, but having long and ſpike heads of greeniſh ſeed, ſeeming by the thick ſetting together to be all ſeed.

This ſort the fiſhes are delighted with, and it is a good and uſual bait: for fiſhes will bite faſt enough at them, if you have but wit enough to catch them when they bite.

Borrage and Bugloſs.

THeſe are ſo well known to be Inhabitants in every Garden that I hold it needleſs to deſcribe them

Time. They flower in June and July, and the ſeed is ripe ſhortly after

Virtues and Uſe. They are very cordial The leaves or roots are to very good purpoſe uſed in putrid and peſtilential Feavers, to defend the heart, and help to reſiſt and expell the poyſon or the venome of other creatures; the ſeed is of the like effect; and the ſeed and leaves are good to increaſe milk in womens breaſts: the leaves, flowers, and ſeed, all or any of them are good to expell penſiveneſs and melancholly: it helpeth to clarifie the bloud, and mitigate heat in Feavers. The juyce made into a Syrup prevaileth much to all the purpoſes aforeſaid, and is put with other cooling, opening, cleanſing herbs, to open obſtructions, and help the yellow Jaundice, and mixed with Fumitory, to *Feavers, peſtilence poyſon, venomous beaſts, milk in Nurſes, melancholly, ill bloud, yellow Jaundice,*

Itch, ring-worms, tetters, scabs, weakness by long sickness, consumption, swowning, inflammations ulcers, sore mouths & throat tough, flegm.

cool, cleanse, and temper the bloud, thereby it helpeth the Itch, Ring-worms, and Tetters, or other spreading scabs or sores. The flowers candied, or made into a Conserve, are helping in the former causes, but are chiefly used as a Cordial, and is good for those that are weak with long sickness, and to comfort the heart and spirits of those that are in a consumption, or troubled with often swownings or passions of the heart: the distilled water is no less effectual to all the purposes aforesaid, and helpeth the redness and inflammation of the eys being washed therewith: the dryed herb is never used, but the green; yet the ashes thereof boiled in Mead, or honeyed water is available against Inflammations and Ulcers in the mouth or throat, to wash and gargle it therewith. The roots of Bugloss are effectual, being made into a licking Electuary, for the Cough, and to condensate thin flegm, and rheumatick distillations upon the Lungs.

They are both herbs of Jupiter, and under Leo, both great Cordials, great strengthners of Nature.

Bluebottles.

THese are so well known generally unto my Countreymen to grow among their Corn, that I suppose it needless to write any description thereof: there are other kindes which I purposely omit, both in this and others, my intent being to insist most principally upon the vulgarly known, and commonly growing flowers and herbs.

Time. They flower and seed in the Summer moneths.

Bruises, broken veins, Poyson, Plague, epidemical diseases, wounds, ulcers, Inflammations in the eys.

Virtues and Use. The pouder or dried leaves of the Blubottle, or Corn-flower is given with good success to those that are bruised by a fall, or have broken a vein inwardly, and void much bloud at the mouth, being taken in the water of Plantane, Horstail, or the greater Comfry. It is a remedy against the poyson of the Scorpion, and resisteth all other venoms or poysons: the Seed or Leave; then in Wine is very good against the Plague, and all infectious diseases, and is very good in pestilential Feavers. The juyce put into fresh or green wounds doth quickly soulder up the lips of them together, and is very effectual to heal all Ulcers and sores in the mouth: the juyce dropped into the eys, taketh away the heat and inflammation in them. The distilled water of the herb hath the same properties, and may be used for all the effects aforesaid.

Hurtleberry or Briony or Wilde Vine. or Mandra

Descri-ption. THe common white Briony groweth ramping upon the hedges, sending forth many long, tough, very tender branches at the beginning, with many

many very rough, broad Leaves thereon, cut (for the moſt part) into five partitions, in form very like a Vine leaf, but ſmaller, rougher, and of a whitiſh or hoary green colour, ſpreading very far, ſpreading and twining with his ſmall claſpers (that come forth at the joynts with the Leaves) very far on whatſoever ſtandeth next it: at the ſeveral joynts alſo (eſpecially towards the top of the branches) cometh forth a ſtalk bearing many whitiſh flowers, together in a long tuft, conſiſting of five ſmall Leaves apiece, laid open like a ſtar; after which come the berries, ſeparated one from another more than a cluſter of Grapes, green at the firſt, and very red when they are through ripe, of no good ſcent, but of a moſt loathſom taſte provoking vomit: the root groweth to be exceeding great, with many long twines or branches growing from it of a pale whitiſh colour on the outſide, and more white within, and of a ſharp bitter loathſom taſte.

Place. It groweth on banks, or under hedges, through this Land, the roots lie very deep.

Time. It flowreth in July, and Auguſt, ſome earlier and ſome later than others.

Virtues and Uſe. The roots of the Briony purge the belly with great violence, troubling the ſtomach, and hurting the Liver, and therefore not raſhly to be taken, but being corrected is very profitable for the diſeaſes of the head, as falling ſickneſs, giddineſs, and ſwimmings by drawing away much flegm and rheumatick humours that oppreſs the head, as alſo the joynts and ſinews, and is therefore good for Palſies, Convulſions Cramps, and ſtitches in the ſides and the Dropſie; and in provoking Urine, it cleanſeth the Reins and Kidneys from gravel and the ſtone, by opening the obſtructions of the ſpleen, and conſumeth the hardneſs and ſwellings thereof. The decoction of the root in Wine drunk once a week at going to bed, cleanſeth the Mother, and helpeth the riſing thereof, expelleth the dead childe, and after-birth, but is not to be uſed by women with childe, for fear of abortion: a dram of the root in pouder taken in white Wine bringeth down their Courſes. An Electuary made of the Roots and Honey, doth mightily cleanſe the Cheſt of rotten flegm and wonderfully help an old ſtrong Cough, thoſe that are troubled with ſhortneſs of breath, and is very good for them that are bruiſed inwardly, to help to expell the clotted or congealed bloud. The Leaves, Fruit, and Root, do cleanſe old and filthy ſores, are good againſt all fretting and running Cankers, Gangrenes, and Tetters, and therefore the berries are by ſome country people called Tetter-berries. The root cleanſeth the ſkin wonderfully from all black and blue ſpots, freckles, morphew, Leproſie, foul ſcars, or other deformity whatſoever: as alſo all running ſcabs, and mangineſs are healed by the pouder of the dried root, or the juyce thereof, but eſpecially by the fine white hardned juyce: the diſtilled water of the roots worketh

Falling ſickneſs, vertigo, flegm, palſies, convulſion, cramp, ſtitches, dropſie, gravel, Stone, obſtructions, womb, mother, dead childe, after-birth, cough, ſhortneſs of breath, ſores, cankers, gangrenes, tetters, ring-worms, black ſpots, freckles, morphew Leproſie.

Broken-bones, splinters, thorns, whitlows, or nail-wheals, or Andicoms

worketh the same effects but more weakly. The root bruised and applied of it self to any place where the bones are broken, helpeth to draw them forth, as also splinters and thorns in the flesh; and being applied with a little wine mixed therewith, it breaketh boils, and helpeth Whitlows on the joynts.

For all these latter beginning at Sores, Cankers, &c. apply it outwardly, and take my advice along with you, you shall finde in my Translation of the London Dispensatory, among the Preparations at latter end, a Medicine called Fœcula Brioniæ, take that and use it, you have the way there how to make it, and mix that with a little Hogs grease, or other convenient Ointment and use it at your need.

As for the former diseases, where it must be taken inwardly, it purgeth very violently, and needs an abler hand to correct it than most countrey people have, therefore it is a better way for them (in my opinion) to let the Simple alone, and take the Compound Water of it, mentioned in my Dispensatory, and that is far more safe, being wisely corrected.

Brooklime.

Descri-ption. THis sendeth forth from a creeping Root that shooteth forth strings at every joynt as it runneth, divers and sundry green stalks round and sappy with some branches on them, somewhat broad, round, deep green, and thick Leaves set by couples thereon, from the bosom whereof shoot forth long foot-stalks with sundry small blue flowers on them, that consist of five small round pointed Leaves a piece.

There is another sort nothing differing from the former, but that it is greater, and the flowers of a paler blue colour.

Place. They grow in small standing Waters, and usually neat Water-cresses.

Bloud purgeth, ill humours, scurvy, dissury, stone, terms provokes, dead childe, swellings, inflammations.

Time. They flower in June and July, giving seed the next moneth after.

Virtues and Use. Brooklime and Water-cresses are generally used togther in Diet-drinks with other things, serving to purge the bloud and body from all ill humours that would destroy health and are helpfull for the Scurvy: they do also provoke Urine, and help to break the stone and pass it away; they procure Womens Courses, and expell the dead childe. Being fried with Butter and Vineger, and applied warm, it helpeth all manner of Tumours or Swellings, and Inflamations.

Such drinks ought to be made of sundry herbs according to the malady offending, I shall give a plain and easie Rule at the latter end of the Book.

Butcher's

Butchers Broom.

Deſcri-ption. THe firſt ſhoots that ſprout from the Root of Butchers Broom are thick, whitiſh, and ſhort, ſomewhat like thoſe of Aſparagus, but greater: theſe riſing up to be a foot and an half high are ſpread into divers branches, green and ſomewhat creſted with the roundneſs, tough and flexible, whereon are ſet ſomewhat broad and almoſt round hard Leaves, ſharp and prickly pointed at the ends, of a dark green colour, two for the moſt part ſet at a place, very cloſe or near together; about the middle of the Leaf, on the back, or lower ſide from the middle Rib, breaketh forth a ſmall whitiſh green flower, conſiſting of four ſmall round pointed Leaves ſtanding upon little or no foot-ſtalk, and in the place whereof cometh a ſmall round Berry, green at the firſt, and red when it is ripe, wherein are two or three white, hard, round ſeeds contained: the Root is thick, white, and great at the head, and from thence ſendeth forth divers thick, white, long, tough ſtrings.

Place. It groweth in Copſes, and upon Heaths, and waſte grounds, and oftentimes under or near the Holly-buſhes.

Time. It ſhooteth forth his young buds in the Spring, and the Berries be ripe in or about September, the branches and Leaves abiding green all the winter.

Virtues and Uſe. The Decoction of the Roots made with Wine, openeth Obſtructions, provoketh Urine, helpeth to expell Gravel and the Stone, the Strangury, and womens Courſes, as alſo the yellow Jaundice, and the head-ach; and with (ſome Honey or Sugar put thereunto, cleanſeth the breaſt of flegm, and the Cheſt of much clammy humours gathered therein. The decoction of the Roots drunk, and a Pultis made of the Berries and Leaves being applied, are effectual in knitting and conſolidating broken bones and parts out of joynt.

Obſtructions diſſolve gravel, ſtone, Strangury. Terms provoke. Yellow jaundice, head-ach, flegm, broken bones, diſlocations.

It is called Bruſcus in ſome places, and in Suſſex Kneeholly, and Kneeholm. The common way of uſing it is to boyl the Roots of it and Parſly, and Fennel, and Smallage in white Wine, and drink the decoction, adding the like quantity of Graſs-roots to them; the more of the Roots you boyl, the ſtronger will the decoction be, it works no ill effects, yet I hope you have wit enough to give the ſtrongeſt decoction to the ſtrongeſt bodies.

Broom and Broomrape.

TO ſpend time in writing a deſcription hereof is altogether needleſs, it being ſo generally uſed by all the good Huſwives almoſt through this Land to ſweep their houſes with, and therefore very well known to all ſorts of people.

The Broomrape ſpringeth up in many places from the Roots of the Broom (but more often in fields, by Hedge-ſides, and on Heaths) the ſtalk whereof is of the bigneſs of a finger or thumb, above two foot high, having a ſhew of Leaves on them, and many flowers at the top, of a deadiſh, yellow colour, as alſo the ſtalks and Leaves are.

Place. They grow in many places of this Land commonly, and as commonly ſpoyl all the Land they grow in.

Time. And flower in the Summer moneths, and give their ſeed before Winter.

Virtues and Uſe. The juyce, or Decoction of the young branches, or ſeed, or the pouder of the ſeed taken in drink, purgeth downwards, and draweth flegmatick, and watery humours from the joynts, whereby it helpeth the Dropſie, Gout, Sciatica, and the pains in the hips and joynts: it alſo provoketh ſtrong Vomits, and helpeth the pains of the ſides, and ſwellings of the Spleen, cleanſeth alſo the Reins, or Kidneys, and Bladder of the Stone, provoketh Urine abundantly, and hindreth the growing again of the Stone in the body. The continual uſe of the pouder of the Leaves and Seed, doth cure the black Jaundice: the diſtilled waters of the flowers is profitable for all the ſame purpoſes; it alſo helpeth Surfet, and alſo altereth the fits of Agues, if three or four Ounces thereof, with as much of the water of the leſſer Centaury, and a little Sugar put therein, be taken a little before the fit cometh, and the party be laid down to ſweat in their bed. The Oyl or water that is drawn from the ends of the green ſticks heated in the fire, helpeth the Tooth-ach. The juyce of the young branches made into an Oyntment of old hogs greaſe and anointed, or the young branches bruiſed and beaten in Oyl or hogs greaſe, and laid to the ſides pained by winde, as in ſtitches, or the Spleen, eaſeth them in once or twice uſing it: the ſame boyled in Oyl is the ſafeſt and ſureſt Medicine to kill Lice in the head or body of any; and is an eſpecial remedy for joynt-aches, and ſwollen knees that come by the falling down of humours.

Flegm, joynts, Dropſie, ſides, ſpleen, bladder, Kidneys, ſtone, diſury, black jaundice, Agues.

Tooth-ach.

Winde, ſtitches, Lice.

The Broomrape alſo is not without his virtues.

The Decoction thereof in Wine is thought to be as effectual to avoid the ſtone in the Kidneys and bladder and to provoke Urine, as the Broom it ſelf: the juyce thereof is a ſingular good help to cure as well green Wounds, as old and filthy Sores, and malignant Ulcers. The inſolate Oyl wherein there hath been three or four Repetitions of Infuſion of the top-ſtalks with flowers ſtrained and cleared, cleanſeth the ſkin of all manner of ſpots, marks, and freckles that ariſe either by the heat of the Sun, or the malignity of humours.

Stone, diſury, green wounds.

As for the Broom (for as yet I know not what to ſay to Broomrape in the buſineſs) but as for Broom, Mars owns it, and it is exceeding prejudicial to the Liver, I ſuppoſe by reaſon of the antipathy between Jupiter and

and Mars, therefore if the Liver be diſaffected, adminiſter none of it.

Bucks-horn Plantane.

Deſcription. THis being ſown of ſeed, riſeth up at the firſt with ſmall, long, narrow hairy green Leaves like graſs, without any diviſion of gaſh in them; but thoſe that follow are gaſhed in, on both ſides the leaves into three or four gaſhes, and pointed at the ends, reſembling the Knags of a Bucks-horn (whereof it took the name) and being well grown round about the Root upon the ground, in order one by another thereby reſembling the form of a Star: from amongſt which riſe up divers hairy ſtalks, about a hand-breadth high, bearing every one a ſmall long ſpiky head like to thoſe of the common Plantane, having ſuch like bloomings and ſeed after them. The Root is ſingle, long, and ſmall, with divers ſtrings at it.

Place. They grow in dry ſandy grounds, as in Tuttle-fields by Weſtminſter, and divers other places of this Land.

Time. They flower and ſeed in May, June, and July, and their green Leaves do in a manner abide freſh all the Winter.

Virtues and Uſe. This boyled in Wine and drunk, and ſome of the Leaves applied to the hurt place, is an excellent remedy for the biting of the Viper or Adder, which I take to be one and the ſame: the ſame being alſo drunk helpeth thoſe that are troubled with the ſtone in the Reins or Kidneys by cooling the heat of the parts afflicted, ſtrengthning them: as alſo weak ſtomachs that cannot retain but caſt up their Meat. It ſtayeth all bleedings at mouth and noſe, bloudy Urine, or the bloudy flux, and ſtoppeth the Laſk of the belly and bowels. The Leaves hereof bruiſed and laid to their ſides that have an Ague, ſuddenly eaſeth the fit: and the Leaves and Roots beaten with ſome Bay-ſalt, and applied to the wriſts, worketh the ſame effects. The Herb boyled in Ale or Wine, and given for ſome mornings and evenings together, ſtayeth the diſtillations of hot and ſharp Rheums falling into the eyes from the head, and helpeth all ſorts of ſore eyes.

Venomous beaſts, ſtone, ſtomach, vomiting, bleeding, piſſing bloud, flux, bloudy flux, Agues, Eyes.

Venus challengeth the dominion of this Herb.

Bugle.

Deſcription. THis hath larger Leaves than thoſe of the Sel-heal, but elſe of the ſame faſhion, or rather a little longer, in ſome green on the upper ſide, and in others more browniſh, dented about the edges, ſomewhat hairy, as the ſquare ſtalk is alſo, which riſeth up to be half a yard high ſometimes, with the Leaves ſet by couples; from the middle almoſt whereof upwards

ſtand the flowers together, with many ſmaller and browner Leaves than the reſt on this ſtalk below, ſet at diſtances, and the ſtalk bare between them, among which flowers are alſo ſmall ones of a bluiſh, and ſometimes of an Aſh-colour, fathioned like the flowers of the Ground-Ivy, after which come ſmall, round, blackiſh ſeed. The root is compoſed of many ſtrings and ſpreadeth upon the ground in divers parts round about.

The white-flowered Bugle differeth not in form or greatneſs from the former, ſaving that the Leaves and ſtalks are always green, and never brown like the other, and that the flowers thereof are very white.

Place. They grow in Woods, wet Copſes, and fields generally through out England; but the white-flowered Bugle is not ſo plentifull as the other.

Time. They flower from May untill July, and in the mean time perfect their ſeed. The Roots and Leaves next thereunto upon the ground abiding all Winter.

Virtues and Uſe. The Decoction of the Leaves and flowers made in Wine, and taken diſſolveth the congealed bloud in thoſe that are bruiſed inwardly by a fall or otherwiſe, and is very effectual for any inward wounds, thruſts or ſtabs into the body or bowels, and is an eſpecial help in all wound-drinks, and for thoſe that are Liver-grown (as they call it. It is wonderfull in curing all manner of Ulcers, and Sores, whether new and freſh, or old and inveterate, yea, Gangrenes and Fiſtulaes alſo, if the Leaves bruiſed be applied, or their juyce uſed to waſh and bath the places. And the ſame made into a Lotion with ſome Honey and Allum, cureth all ſores of the mouth or gums, be they never ſo foul, or of long continuance; & worketh no leſs powerfully and effectually for ſuch Ulcers and Sores as happen in the ſecret parts of men or women: being alſo taken inwardly, and outwardly applied, it helpeth thoſe that have broken any bone, or have any member out of joynt. An Oyntment made with the Leaves of Bugle, Scabious and Sanicle bruiſed and boiled in Hogs greaſe, untill the Herbs be dry, and then ſtrained forth into a Pot, for ſuch occaſions as ſhall require it, is ſo ſingular good for all ſorts of hurts in the body, that none that know its uſefulneſs will be without it.

Bruiſes, falls, Wounds, ſcabs, Ulcers, Liver-grown, Gangrenes, Fiſtulaes, Sore Mouths, Gums, ſores in the ſecrets, broken bones.

This Herb is belonging to Dame Venus, and if the virtues make you in love with it, (as they will if you be wiſe) keep a Syrup of it to take inwardly, and an Oyntment and Plaiſter of it to uſe outwardly always by you.

The truth is, I have known this Herb cure ſome diſeaſes of Saturn, of which I thought good to quote one. Many times ſuch as give themſelves much to drinking are troubled with ſtrange fancies, ſtrange ſights in the night-time, and ſome with voices, as alſo with the diſeaſe Ephialtes, or the Mare. I take the reaſon of this to be according to Fernelius) a melancholly vapor made thin by exceſſive drinking ſtrong Liquour, and flies up and diſturbs the fancie, and breeds imaginations like it

Mares, ſtrange ſights in the night.

ſelf,

self, viz. fearfull and troublesome: these I have known cured but taking onely two spoonfuls of the Syrup of this herb, after supper two hours when you go to bed. But whether this do it by sympathy or antipathy is some question; all that know any thing in Astrology, know that there is great antipathy between Saturn and Venus in matter of Procreation, yea such an one, that the barrenness of Saturn can be removed by none but Venus, nor the lust of Venus be repelled by none but Saturn: but I am not yet of opinion this is done this way; and my reason is, because these vapours, though in quality melancholly, yet by their flying upward seem to be something aerial, therefore I rather think it is done by sympathy, Saturn being exalted in Libra the house of Venus.

Self-heal, which follows, is of the same nature, and I am of opinion the same herb, onely differs a little in form according to the difference of place they grow in; this I am sure, they work the same effect.

Burnet.

THe common garden Burnet is so well known, that it needeth no description. There is another sort which is wilde, the description whereof take as followeth

Description. The great wilde Burnet, hath winged Leaves rising from the Roots like the garden Burne, but not so many, yet each of these Leaves are at the least twice as large as the other, and nicked in the same manner about the edges, of a greyish colour on the underside: the stalks are greater, and rise higher with many such like Leaves set thereon, and greater heads at the tops, of a brownish green colour, and out of them come small dark purple flowers, like the former, but greater. The Root is black and long like the other, but greater also: it hath almost neither scent nor taste therein, like the garden-kinde

Place. The first grows frequently in Gardens. The wilde kinde groweth in divers Countries of this Land, especially in Huntington and Northampton shires in the meadows there; as also near London by Pancras-Church, and by a Causey side in the middle of a field by Paddington.

Time. They flower about the end of June, and beginning of July, and their seed is ripe in August.

Virtues. They are accounted to be both of one property, but the lesser is more effectual, because quicker and more Aromatical: It is a friend to the Heart, Liver, and other the principal parts of mans body. Two or three of the stalks with Leaves put into a cup of Wine, especially Claret, are known to quicken the spirits, refresh and clear the heart, and drive away melancholly. It is a special help to defend the heart from noisom Vapours, and from infection of the Pestilence, the Juyce thereof being taken in some Drink, and the

Heart, liver, melancholly, pestilence, Epidemical diseases.

party laid to ſweat thereupon. They have alſo a drying and an aſtringent quality, whereby they are available in all manner of fluxes of bloud or humours, to ſtanch bleedings inward or outward, Laſks, ſcourings, the bloudy flux, womens too abundant Courſes, the whites, and the chollerick belchings and caſtings of the ſtomach; and is a ſingular good wound-herb for all ſorts of wounds both of the head and body, either inward or outward; for all old ulcers, or running Cankers, and moiſt ſores, to be uſed either by the Juyce or Decoction of the herb, or by the pouder of the herb or root, or the water of the diſtilled herb, or Ointment by it ſelf, or with other things to be kept. The ſeed is alſo no leſs effectual both to ſtop fluxes, and dry up moiſt ſores, being taken in pouder inwardly, in wine or ſteeled water, that is, wherein hot gads of ſteel have been quenched. Or the pouder of the ſeed mixed with the Ointments.

Bleeding, ſtoppeth terms & whites, belching, vomiting wounds, Ulcers, Cankers, fluxes.

This is an herb the Sun challengeth dominion over, and is a moſt precious herb, little inferiour to Betony: the continual uſe of it preſerves the body in health, and the ſpirits in vigour; for if the Sun be the preſerver of life under God, his herbs are the beſt in the world to do it by.

The Butter-Bur.

Deſcription. THis riſeth up in February, with a thick ſtalk about a foot high, whereon are ſet a few ſmall Leaves, or pieces, and at the tops a long ſpiked head of flowers, of a bluſh or deep red colour, according to the ſoil wherein it groweth; and before the ſtalk with the flowers have abidden a moneth above ground, will be withered and gone, blown away with the winde; and the Leaves will begin to ſpring, which being full grown are very large and broad, being ſomewhat thin and almoſt round, whoſe thick red footſtalks, about a foot long ſtand towards the middle of the Leaves: the lower parts being divided into two round parts cloſe almoſt one to another, and of a pale green colour, and hoary underneath. The Root is long and ſpreading under ground, being in ſome places no bigger than ones finger, in others much bigger, blackiſh on the outſide, and white within, of a bitter and unpleaſant taſte.

Place and Time. They grow in low and wet grounds by Rivers and Waters ſide: their flower (as is ſaid) riſing and decaying in February and March, before the Leaves which appear in April.

Plague, epidemical diſeaſes, poyſon

Virtues and Uſe. The Roots hereof are by long experience found to be very available againſt the Plague, and Peſtilential Feavers, by provoking ſweat, if the pouder thereof be taken in Wine, it alſo reſiſteth the force of any other poyſon. The Root hereof taken with Zedoary and Angelica, or without them, helps the

riſing

rising of the Mother: the decoction of the Root in Wine is singular good for those that wheeze much, or are short-winded. It provoketh Urine also, and womens Courses, and killeth the flat and broad worms in the belly. The pouder of the root doth wonderfully help to dry up the moisture of sores that are hard to be cured, and taketh away all spots and blemishes of the skin.

Mother, wheezing, difficulty of breathing, dissury, sores, provoketh, flat and broad worms, blemishes of the skin.

It were well if Gentlewomen would keep this Root preserved, to help their poor neighbours: It is fit the Rich should help the Poor, for the Poor cannot help themselves.

The Bur-Dock.

IT is so well known even to the little boys, who pull off the Burs to throw and stick upon one another, that I shall spare to write any description of it.

Place. They grow plentifully by ditches and waters sides, and by the high-ways almost every where through this Land.

Virtues and Use. The Bur-leaves are cooling, moderately drying, and discussing withall, whereby it is good for old ulcers and sores: a dram of the Roots taken with Pine kernels, helpeth them that spit foul mattery, and bloudy flegm: the Leaves applied on the places troubled with the shrinking of the sinews or arteries, give much ease: the juyce of the Leaves, or rather the Roots themselves given to drink with old Wine doth wonderfully help the bitings of any Serpents: and the Roots beaten with a little salt, and laid on the place, suddenly easeth the pain thereof, and helpeth those that are bit with a mad dog. The juyce of the Leaves taken with Honey provoketh Urine, and remedieth the pain of the bladder. The Seed being drunk in Wine fourty days together, doth wonderfully help the Sciatica. The Leaves bruised with the white of an Egg, and applied to any place burnt with fire, gives sudden ease, and heals it up afterwards. The Decoction of them fomented on any fretting sore or Cankers stayeth the corroding quality, which must be afterwards anointed with an Ointment made of the same liquour, Hogsgrease, Nitre, and Vineger, boiled together. The Roots may be preserved with Sugar, and taken fasting, or at other times for the said purposes, and for Consumptions, the Stone, and the Laik. The Seed is much commended to break the Stone, and cause it to be expelled by Urine; and is often used with other seeds and things to that purpose.

Cools, dryes, ulcers, sores, flegm, sinews, arteries, venomous beasts, mad dogs, dissury, bladder, sciatica, burning sores, Cankers.

Consumption, stone, Flux.

Venus challengeth this herb for her own, and by its Leaf or Seed you may draw the womb which way you please, either upward by applying it to the Crown of the Head, if in case it fall out; or downwards in fits of the Mother, by applying it to the soals of the feet; Or if you would stay it in its place, apply it to the Navel, and that is one good way to stay the childe in it. See more of it in my Guide for Women.

Cab-

Cabbages and Coleworts.

I ſhall ſpare a labour in writing a deſcription of theſe, ſith almoſt every one that can but write at all may deſcribe them from his own knowledg, they being generally ſo well known, that deſcriptions are altogether needleſs.

Place. Theſe are generally planted in Gardens.

Time. Their flowering time is towards the middle or end of July, and the ſeed is ripe in Auguſt.

Venomous beaſts terms provokes, hoarſneſs. conſumption.

Virtues and Uſe. The Cabbages or Coleworts boiled gently in Broth and eaten, do open the body, but the ſecond Decoction doth binde the body. The juyce thereof drunk in Wine helpeth thoſe that are bitten by an Adder, and the decoction of the flowers bringeth down womens Courſes. Being taken with Honey, it recovereth hoarſneſs or loſs of the voice. The often eating of them well boiled, helpeth thoſe that are entring into a Conſumption. The Pulp or middle ribs of Coleworts boiled in Almond-milk, and made up into an Electuary with Honey, being taken often, is very profitable for thoſe that are purſie and ſhort-winded. Being boiled twice, and an old Cock boiled in the Broth and drunk, it helpeth the pains and Obſtructions of the liver and Spleen, and the Stone in the Kidneys. The juyce boiled with honey and dropped into the Corner of the eye cleareth the ſight, by conſuming any film or cloud beginning to dim it, it alſo conſumeth the Canker growing therein. They are much commended being eaten before meat, to keep one from ſurfetting, as alſo from being drunk with two much Wine or quickly make a man ſober again that was drunk before. For (as they ſay) there is ſuch an antipathy or enmity between the Vine and the Colewort, that the one will die where the other groweth. The Decoction of Coleworts taketh away the pain and ach, and allayeth the ſwellings of ſwoln and gouty Legs and Knees, wherein many groſs and watry humours are fallen, the place being bathed therewith warm: it helpeth alſo old and filthy ſores being waſhed therewith, and healeth all ſmall ſcabs, puſhes, and wheals, that break out in the ſkin. The aſhes of Colewort ſtalks mixed with old Hogs greaſe are very effectual to anoint the ſides of thoſe that have long pains therein, or any other place pained with melancholly and windy humours.

Obſtructions, Stone, ſight, canker, ſurfets.

Swellings, gout, ſcabs. wheals.

Melancholly, winde.

This was ſurely Chryſippus his god, and therefore he wrote a whole Volume of them and their virtues, and that none of the leaſt neither, for he would be no ſmall fool, for he appropriates them to every part of the body, and to every diſeaſe in every part, and honeſt old Cato they ſay uſed no other Phyſick, I knew not what metalls their bodies were made of, this I am ſure, Cabbages are extreme windy whether you take them as Meat, or as Medicine, yea, as windy meat as can be eaten, unleſs you eat Bag-pipes or Bellows, and they are but ſeldom eaten in our days, and Colewort

flowers

flowers are ſomething more tolerable, and the wholeſomer food of the two.

The Moon challengeth the dominion of this herb.

The Sea Colewort.

Deſcription. THis hath divers, ſomewhat long and broad large, thick, wrinkled Leaves, ſomewhat crumpled upon the edges, growing each upon a ſeveral thick foot-ſtalk very brittle, of a greyiſh green colour. From among which riſeth up a ſtrong thick ſtalk two foot high and better, with ſome Leaves thereon to the top, where it brancheth forth much; and on every branch, ſtandeth a large buſh of pale whitiſh flowers, conſiſting of four Leaves apiece: the Root is ſomewhat great, and ſhooteth forth many branches under ground, keeping the green Leaves all the Winter.

Place. They grow in many places upon the Sea-Coaſts, as well on the Kentiſh, as Eſſex ſhores, as at Lidd in Kent, Colcheſter in Eſſex, and divers other places, and in other Countries of this Land.

Time. They flower and ſeed about the time that other kindes do.

Virtues. The Broth or firſt Decoction of the Sea-Colewort doth by the ſharp nitrous and bitter qualities therein, open the belly, and purge the body, it cleanſeth and digeſteth more powerfully than the other kinde: the ſeed hereof bruiſed and drunk, killeth Worms. The Leaves or Juyce of them applied to Sores or Ulcers cleanſeth and healeth them, and diſſolveth ſwellings, and taketh away inflammations.

Sores, wounds, ulcers, ſwellings, inflammations.

Calamint. or Mountain Mint.

Deſcription. THis is a ſmall herb ſeldom riſing above a foot high, with ſquare hoary and woody ſtalks, and two ſmall hoary Leaves ſet at a joynt, about the bigneſs of Majoram, or not much higher, a little dented about the edges, and of a very fierce or quick ſcent, as the whole herb is: the flowers ſtand at ſeveral ſpaces of the ſtalks from the middle almoſt upwards, which are ſmall and gaping like to thoſe Mints, and of a pale bluiſh colour; after which follow ſmall, round, blackiſh ſeeds: the Root is ſmall and woody, with divers ſmall ſprigs ſpreading within the ground, and dieth not, but abideth many years.

Place. It groweth on Heaths, and up-land dry grounds, in many places of this Land.

Time. They flower in July, and their ſeed is ripe quickly after,

Virtues and Uſe. The decoction of the herb being drunk, bring down womens Courſes, and provoketh Urine: it is profitable for thoſe that are burſten, or troubled with Convulſions or Cramps, with ſhort-

Terms provokes diſury, ruptures convulſion, cramps,

Shortneſs of breath, jaundice, vomiting worms, leproſie, Serpents, black and blue marks, ſcars, ſciatica.

neſs of breath, or chollerick torments, and pains in their bellies or ſtomachs, it alſo helpeth the yellow Jaundice, and ſtayeth vomiting, being taken in Wine; taken with Salt and Honey, it killeth all manner of Worms in the body: it helpeth ſuch as have the Leproſie, either taken inwardly, drinking Whey after it, or the green herb outwardly applied: it hindereth Conception in women: being either burned, or ſtrewed in the Chamber, it driveth away venomous Serpents. it takes away black and blue marks in the face, and maketh black ſcars become well coloured, if the green herb (not the dry) be boiled in Wine, and laid to the place, or the place waſhed therewith. Being applied to the Hucklebone, by continuance of time it ſpendeth the humours which cauſed the pain of the Sciatica. The juyce dropped into the ears killeth the Worms in them: The Leaves boiled in Wine and drunk provoketh ſweat and openeth Obſtructions of the Liver and Spleen; it helpeth them that have a tertian Ague, the body being firſt purged) by taking away the cold fits. The Decoction hereof with ſome Sugar put thereon afterwards, is very profitable for thoſe that are troubled with the overflowing of the Gall, that have an old Cough, and are ſcarce able to breath by the ſhortneſs of their winde: that have any cold diſtemper in their bowels, and are troubled with the hardneſs of the Spleen, for all which purpoſes, both the Pouder called Diacalamintes and the common Syrup of Calamint (which are to be had at the Apothecaries) are moſt effectual.

Obſtructions of the Liver and Spleen, tertian Agues, gaul, cough, bowels, Spleen.

Stitches in the ſide, agues.

Let not women be too buſie with it, for it works very violently upon the feminine parts.

Chamomel.

THis is ſo well known every where, that it is but loſt time and labour to deſcribe it. The virtues thereof are as followeth.

A Decoction made of Chamomel and drunk, taketh away all pains and ſtitches in the ſides. The flowers of Chamomel beaten and made up into balls with Oyl driveth away all ſorts of Agues; if the party grieved be anointed with that Oyl taken from the flowers, from the crown of the head, to the ſoal of the foot, and afterwards laid to ſweat in his bed, and that he ſweat well: this is Nicheſſor an Egyptians Medicine. It is profitable for all ſorts of Agues that come either from flegm or melancholly, or from an inflammation of the bowels, being applied when the humours cauſing them ſhall be concocted; and there is nothing more profitable to the ſides and region of the Liver and Spleen than it. The bathing with a decoction of Chamomel taketh away wearineſs, eaſeth pains to what Part of the body ſoever they be applied: it comforteth the ſinews that are overſtrained, mollifieth all ſwellings: it moderately comforteth all parts that have need of warmth,

Liver, ſpleen, wearineſs, ſinews, ſwellings.

warmth, digeſteth and diſſolveth whatſoever hath need thereof by a wonderfull ſpeedy property. It eaſeth all the pains of the Chollick and ſtone, and all pains and torments of the belly, and gently provoketh Urine. The flowers boyled in Poſſet-drink provoketh ſweat, and helpeth to expell colds, aches, and pains, whereſoever, and is an excellent help to bring down womens Courſes. A Syrup made of the juyce of Chamomel with the flowers, and white Wine, is a remedy againſt the Jaundice and Dropſie. The flowers boyled in a Ly, are good to waſh the head, and comfort both it and the brain. The Oyl made of the flowers of Chamomel is much uſed againſt all hard ſwellings, pains, and aches, ſhrinking of the ſinews, or Cramps, or pains in the joynts, or any other part of the body; being uſed in Cliſters, it helpeth to diſſolve winde, and pains in the belly; anointed alſo it helpeth ſtitches, and pains in the ſides.

chollick, ſtone, belly-ach, Cold, Ach.

jaundice, dropſie, brain, Cramp, ſtitch in the ſide.

Nicheſſor ſaith the Egyptians dedicated it to the Sun, becauſe it cured Agues; and they were like enough to do it, for they were the arranteſt Apes in their Religion that ever I read of. Bacchinus, Pena, and Lobel commend the Syrup made of the juyce of it and Sugar, taken inwardly, to be excellent for the Spleen. Alſo this is certain, that it moſt wonderfully breaks the Stone, ſome take it in Syrup or Decoction, others inject it into the bladder by a Syringe; my opinion is, that the ſalt of it taken half a dram in a morning, in a little white and Rhenish Wine is better than either, that it is excellent for the ſtone appears by this, which I have ſeen tried, viz. That a ſtone that hath been taken out of the body of a man being wrapped in Chamomel will in time diſſolve, and in a little time too.

Campions wilde. or Bachelors buttons

Deſcription. THe white wilde Campion hath many long, and ſomewhat broad dark green Leaves, lying upon the ground, with divers Ribs therein, ſomewhat like Plantane, but ſomewhat hairy, broader, and not ſo long: the hairy ſtalks riſe up in the middle of them three or four foot high, and ſometimes more, with divers great white joynts at ſeveral places thereon, and two ſuch like Leaves thereat up to the top, ſending forth branches at the ſeveral joynts alſo, all which bear on ſeveral foot-ſtalks white flowers at the tops of them, conſiſting of five broad pointed Leaves, every one cut in on the end unto the middle, making them ſeem to be two apiece, ſmelling ſomewhat ſweet, and each of them ſtanding in large, green, ſtriped hairy huſks, large and round below next to the ſtalk: the ſeed is ſmall and grayiſh in the hard heads that come up afterwards: the Root is white and long, ſpreading divers fangs in the ground.

The

The red wilde Campion groweth in the ſame manner as the white, but his Leaves are not ſo Ribbed, ſomewhat ſhorter, rounder and more woolly in handling: the flowers are of the ſame form and bigneſs, but in ſome of a pale, in others of a bright red colour, cut in at the ends more finely, which maketh the Leaves ſeem more in number than the other. The Seed and the Roots are alike: the Roots of both ſorts abiding many years.

There are fourty five kindes of Campions more, thoſe of them which are of Phyſical uſes, having the like virtues with theſe above deſcribed, which I take to be the two chiefeſt kindes.

Place. They grow commonly through this Land, by fields, hedge-ſides, and ditches.

Time. They flower in Summer, ſome earlier than others, and ſome abiding longer than others.

bleeding inward and outward, diſury, Gravel, choller, venomous beaſts. Plagues, Sores, Ulcers, Cankers, Fiſtulaes.

Virtues and Uſe. It is found by experience that the Decoction of the Herb, either the White or Red being drunk, doth ſtay inward bleedings: and applied outwardly it doth the like: and being drunk helpeth to expell the Urine being ſtopped, and Gravel, or the ſtone in the Reins, or Kidneys. Two drams of the ſeed drunk in Wine, purgeth the body of chollerick humours, and helpeth thoſe that are ſtung by Scorpions, or other venomous beaſts; and may be as effectual for the Plague: it is of very good uſe in old Sores, Ulcers, Cankers, Fiſtulaes, and the like, to cleanſe and heal them, by conſuming the moiſt humours falling into them, and correcting the putrifaction of humours offending them.

Carrots.

THe Garden kinde are ſo well known that they need no deſcription, but becauſe they are of leſs Phyſical uſe than the wilde kinde (as indeed almoſt in all Herbs the wilde are more effectual in Phyſick, as being more powerfull in operation than the Garden kindes) I ſhall therefore briefly deſcribe the wilde Carrot.

Deſcription. It groweth in a manner altogether like the tame, but that the Leaves and ſtalks are ſomewhat whiter and rougher: the ſtalks bear large tufts of white flowers, with a deep purple ſpot in the middle, which are contracted together when the ſeed begins to ripen, that the middle part being hollow and low, and the outer ſtalks riſing high, maketh the whole Umbel to ſhew like a Birds neſt. The Root is ſmall, long, and hard, unfit for meat, being ſomewhat ſharp and ſtrong.

Place. The wilde kinde groweth in divers parts of this Land plentifully by the fields ſides, and in untilled places.

Time. They flower and ſeed in the end of Summer.

winde,

The Virtues. The wilde kinde breaketh winde, and re-

removeth stitches in the sides, provoketh Urine and womens Courses, and helpeth to break and expell the Stone: the seed also of the same worketh the like effect, and is good for the Dropsie, and those whose bellies are swollen with winde; helpeth the Chollick, the stone in the Kidneys, and the rising of the Mother, being taken in Wine, or boyled in Wine and taken; and helpeth Conception. The Leaves being applied with Huney to running Sores or Ulcers, doth cleanse them.

stitches provokes Urine, and the terms, Stone dropsie, chollick, barrenness, ulcers.

I suppose the seeds of them perform this better than the Roots; and though Galen commend Garden Carrots highly to break winde; yet experience teacheth, that they breed it first; and we may thank Nature for expelling it, not they: the seeds of them expell winde indeed, and so mend what the Root marreth.

Caraway.

Description. IT beareth divers stalks of fine cut Leaves, lying upon the ground somewhat like to the Leaves of Carrots, but not bushing so thick, of a little quick taste in them, from among which riseth up a square stalk not so high as the Carrot, at whose joynts are set the like Leaves, but smaller and finer, and at the top small open tuft or umbels of white flowers, which turn into small blackish seed, smaller than the Aniseed, and of a quicker and hotter taste. The Root is whitish, small, and long, somewhat like unto a Parsnip, but with more wrinkled Bark, and much less, of a little hot and quick taste, and stronger than the Parsnip, and abideth after seed-time.

Place. It is usually sown with us in Gardens.

Time. They flower in June or July, and seed quickly after.

Virtues and Use. Caraway seed hath a moderate sharp quality, whereby it breaketh winde, and provoketh Urine, which also the Herb doth. The Root is better food than the Parsnip, and is pleasant and comfortable to the stomach helping digestion. The seed is conducing to all the cold griefs of head and stomach, the Bowels, or Mother, as also the winde in them, and helpeth to sharpen the eye-sight. The powder of the seed put into a Pultis, taketh away black and blue spots of blows, or bruises. The Herb it self, or with some of the seed bruised and fried, laid hot in a bag or double cloth, to the lower part of the belly, easeth the pains of the winde-Chollick.

Winde, disturbs indigestions, Head, Remedy, Bowels, Mother, black and blue spots, bruises, cholick.

The Roots of Carraways eaten as men eat Parsnips, strengthen the stomachs of ancient people exceedingly, and they need not make a whole meal of them neither, and are fit to be planted in every ones Garden.

Carraway Comfits, once onely dipped in Sugar, and half a spoonfull of them eaten in the morning fasting, and as many after each meal is a most admirable remedy for such as are troubled with winde.

Celandine.

Deſcription. THis hath divers tender, round, whitiſh, green ſtalks, with greater joynts than ordinary in other Herbs, as it were knees, very brittle and eaſie to break, from whence grow branches with large tender long Leaves, much divided into many parts, each of them cut in on the edges, ſet at the joynts on both ſides of the branches, of a dark bluiſh green colour on the upper ſide like Columbines, and of a more pale bluiſh green underneath, full of a yellow ſap, when any part is broken, of a bitter taſte and ſtrong ſcent. At the tops of the branches which are much divided, grow gold yellow flowers of four Leaves a piece, after which come ſmall long pods, with blackiſh ſeed therein. The Root is ſomewhat great at the head, ſhooting forth divers other long Roots and ſmall ſtrings, reddiſh on the outſide and yellow within, full of a yellow ſap therein.

Place. It groweth in many places by old walls, by the hedges, and way-ſides in untilled places; and being once planted in a Garden, eſpecially in ſome ſhady place, it will remain there.

Time. They flower all the Summer long, and the ſeed ripeneth in the mean time.

Obſtructions of the Liver and Gall, yellow jaundice, Dropſie, Peſtilence, Eyes, Ulcers, Tetters, Ring-worms, Cankers, Warts, Belly, Bowels, Mother, worms, ſtops, Tooth-ach, Itch, beauty loſt.

Virtues and Uſe. The Herb, or Roots boyled in white Wine and drunk, a few Aniſeeds being boyled therewith, openeth Obſtructions of the Liver and Gall, helpeth the yellow Jaundice: and the often uſing it, helps the Dropſie and the Itch, and thoſe that have old Sores in their Legs, or other parts of the body. The juyce thereof taken faſting, is held to be of ſingular good uſe againſt the Peſtilence: the diſtilled water with a little Sugar, and a little good Triacle mixed therewith (the party upon the taking being laid down to ſweat a little) hath the ſame effect. The juyce dropped into the eys cleanſeth them from films and cloudineſs, which darken the ſight, but it is beſt to allay the ſharpneſs of the juyce with a little breaſt-milk: it is good in old filthy corroding creeping Ulcers whereſoever, to ſtay their malignity of fretting and running; and to cauſe them to heal the more ſpeedily: the juyce often applied to Tetters, Ring-worms, or other ſuch like ſpreading Cankers, will quickly heal them, and rubbed often upon Warts will take them away. The Herb with the Roots bruiſed and heated with Oyl of Camomel, and applied to the Navel, taketh away the griping pain of the belly and bowels, and all the pains of the Mother: and applied to Womens breaſts ſtayeth the overmuch flowing of their Courſes. The juyce Decoction of the Herb gargled between the teeth that ake, eaſeth the pain; and the pouder of the dried Root, laid upon an aching, hollow, or looſe tooth, will cauſe it to fall out. The juyce mixed with ſome pouder of Brimſtone, is not onely good againſt the Itch, but taketh away all diſcolourings of the ſkin whatſoever: and if it

chance

chance that in a tender body it causeth any itching, or Inflammation, by bathing the place with a little Vineger it is helped.

This is an Herb of the Sun, and under the celestial Lion, and is one of the best cures for the eys that is. All that know any thing in Astrology, know as well as I can tell them, that the eys are subject to the Luminaries; let it then be gathered when the Sun is in Leo, and the Moon in Aries applying to the Trine; let Leo arise, then may you make it into an Oyl, or Oyntment, which you please, to anoint your sore eys withall: I can prove it both by my own experience, and the experience of those to whom I have taught it, that most desperate sore eys have been cured by this onely Medicine; and then I pray, is not this far better than indangering the eys by the art of the Needle? For if this do not absolutely take away the film, it will so facilitate the work that it may be done without danger.

Another ill-favoured trick have Physicians got to use to the eye, and that is worse than the Needle, which is to eat away the film by corroding, or gnawing Medicines. This is absolutely protested against.

1. Because the Tunicles of the eye are very thin, and therefore soon eaten asunder.

2. The Callus, or film, that they would eat away is seldom of an equal thickness in every place, and then the Tunicle may be eaten asunder in one place, before the film be consumed in another, and so be a readier way to extinguish the sight than to restore it.

It is called Chelidonium from the Greek word Chelidon, which signifies a Swallow, because they say, that if you prick out the eys of young Swallows when they are in the nest, the old ones will recover their eys again with this Herb. This I am confident, for I have tried it, that if you marr the very apple of their eys with a Needle, she will recover them again, but whether with this Herb, or no, I know not.

Also I have read (and it seems to me somewhat probable) that the Herb being gathered as I shewed before, and the Elements drawn apart from it by the art of the Alchymist, and after they are drawn apart, rectified, the earthy quality still in rectifying them, added to the Terra damnata (as Alchymists call it) or Terra sacratissima (as some Philosophers call it) the Elements so rectified are sufficient for the cure of all Diseases, the humour offending being known, and the contrarie Element being given; it is an experience worth the trying, and can do no harm.

The lesser Celandine, usually known by the name of Pilewort.

I Wonder what ailed the Antients to give this the name of Celandine, which resembles it neither in nature nor form; it acquired the name of Pilewort

from its virtues, and it being no great matter where I set it down, so I do set it down at all, I humoured Dr. Tradition so much as to set it down here.

Description. This Celandine then or Pilewort (which you please) doth spread many round, pale, green Leaves set on weak and trailing branches, which lie upon the ground, and are fat, smooth, and somewhat shining, & in some places (though seldom) marked with black spots, each standing on a long foot-stalk, among which rise small yellow flowers, consisting of nine or ten small narrow Leaves, upon slender foot-stalks, very like unto Crowfoot, whereunto the seed also is not unlike, being many small ones set together upon a head. The Root is made of many small kernels like grain of Corn, some twice as long as others, of a whitish colour with some fibres at the end of them.

Place. It groweth for the most part in the moist corners of fields, and places that are near water sides, yet will abide in drier grounds, if they be but a little shadowed.

Time. It flowereth betimes about March or April, is quite gone in May, so as it cannot be found untill it spring again.

Virtues and Use. It is certain by good experience that the Decoction of the Leaves and Roots doth wonderfully help the Piles and Hemorrhoids, as also kernels by the ears and throat; called the Kings Evil; or any other hard Wens or Tumours.

Hemorrhoids. Kings Evil.

Here is another secret for my Countreymen, and Women, a couple of them together, Pilewort being made into an Oyl, Ointment, or Plaister, readily cures both the Piles and Hemorrhoids, and the Kings Evil, if I may lawfully call it the Kings Evil, now there is no King, the very Herb born about ones body next the skin, helps in such Diseases, though it never touch the place grieved, let good people make much of it for these uses, with this I cured my own Daughter of the Kings Evil, brake the sore, drew out a quarter of a Pint of corruption, and cured it without any scar at all, and in one weeks time.

The ordinary small Centaury.

Descri-ption. This groweth most usually but with one round and somewhat crested stalk, about a foot high, or better, branching forth at the top into many sprigs, and some also from the joynts of the stalks below; the flowers that stand at the tops, as it were in an umbel or tuft, are of a pale red, tending to a Carnation colour, consisting of five, sometimes six small Leaves, very like those of St. John Wort, opening themselves in the day time, and closing at night; after which come seed in little short husks, in form like unto Wheat corns: the Leaves are small and somewhat round. The Root small and hard, perishing every year: the whole Plant is of an exceeding bitter taste.

There

There is another sort in all things like the former, save onely it beareth white flowers.

Place. They grow ordinarily in fields, pastures, and woods, but that with the white flowers not so frequent as the other.

Time. They flower in July, or thereabouts, and seed within a moneth after.

Virtues and Use. This herb boiled and drunk purgeth chollerick and gross humours, and helpeth the Sciatica: it openeth Obstructions of the Liver, Gaul, and Spleen, helpeth the Jaundice, and easing pains in the sides, and hardness of the Spleen, used outwardly, and is given with very good effect in Agues: it helpeth those that have the Dropsie, or the green sickness, being much used by the Italians in pouder for that purpose. It killeth the worms in the belly, as is found by experience. The Decoction thereof, viz. the tops of the stalks with Leavs and the flowers, is good against the Chollick and to bring down womens Courses, helpeth to avoid the dead birth, and easeth pains of the Mother, and is very effectual in all old pains of the joynts as the Gout, Gramps, or Convulsions. A dram of the pouder thereof taken in Wine, is a wonderfull good help against the biting and poison of the Adder. The juyce of the herb with a little Hony put to it, is good to clear the eys from dimness, mists, and clouds that offend and hinder the sight: it is singular good both for green and fresh wounds, as also for old ulcers and sores, to close up the one, and cleanse the other, and perfectly to cure them both, although they be hollow or fistulous; the green herb especially being bruised and laid thereto. The Decoction thereof dropped into the ears, cleanseth them from worms, cleanseth the foul ulcers and spreading scabs of the head, and taketh away all freckles, spots, and marks in the skin being washed therewith.

The herb is so safe you cannot fail in the using of it, onely give inwardly for inward diseases, use it outwardly for outward diseases, it is very wholesom, but not very toothsom.

Dr. Reason and Dr. Experience could not agree (the last time I spake with them) whether the herb were under the dominion of the Sun or Mars.

Choller. Sciatica. obstructi-ons. Liver. Gall. Spleen. Agues. dropsie. green sickness. Chollick. Terms provokes joynts. Gout. Sciatica. cramp. convul-sion. venomous beasts. eys. wounds. ulcers. Ears. scabby heads. freckles. spots.

The Cherry-tree.

I Suppose there are few but know this Tree, for his fruit sake, and therefore shall spare to write a description thereof.

Place. For the place of its growth, it is afforded room in every Orchard.

Virtues and Use. Cherries, as they are of different tastes, so they are of divers qualities: the sweet passe through the stomach and belly more speedily, but are of little nourishment. The tart or sowre are more pleasing to a hot stomach, procuring appetite to meat,

Appetite lost. stomach. belly. nourishment. meat.

Cool. provoke urine, cough. Hoarseness, sight, gravel, winde.

and help to cut tough flegm and grosse humours; but when these are dried they are more binding the belly than when they are fresh, being cooling in hot diseases, and welcome to the stomach, and provoke urine. The Gum of the Cherry-tree dissolved in Wine, is good for a cold Cough, and hoarsness of the throat, mendeth the colour in the face, sharpneth the ey-sight, provoketh apperite, and helpeth to break and expell the stone. The black Cherries bruised with the stones and distilled, the water thereof is much used, to break the stone, expell Gravel, and break the Winde.

Winter Cherry.

Descri-ption. THe Winter Cherry hath a running or creeping Root in the ground, of the bigness many times of ones little finger, shooting forth at several joynts in several places, whereby it quickly spreadeth a great compass of ground: the stalk riseth not above a yard high, whereon are set many broad, and long green Leaves, somewhat like Nightshade, but larger, at the joynts whereof come forth whitish flowers made of five Leaves apiece, which after turn into green berries, inclosed with thin skins, which change to be reddish, when they grow ripe, the berry likewise being reddish, and as large as a Cherry, wherein are contained many flat and yellowish seeds lying within the pulp; which being gathered and strung up are kept all the year to be used upon occasion.

Place. They grow not naturally in this Land, but are cherished in Gardens for their virtues.

Time. They flow not untill the middle or latter end of July, and the fruit is ripe about the end of August, or beginning of September.

Vertues and Use. They are of great use in Physick: the Leaves being cooling may be used in inflammations, but not opening, as the berries and fruit are, which by drawing down the urine provoke it to be avoided plentifully, when it is stopped or grown hot, sharp and painfull in the passage; it is good also to expell the stone and gravel out of the reins, kidneys, and bladder, helping to dissolve the stone, and avoiding it by greet or gravel sent forth in the urine; it also helpeth much to cleanse inward Impostumes, or Ulcers in the Reins or Bladder, or in those that avoid a bloudy or foul urine. The distilled water of the fruit, or the Leaves together with them, or the berries green or dry, distilled with a little milk, and drunk morning and evening with a little Sugar, is effectual to all the purposes afore specified, and especially against the heat and sharpness of the urine. I shall onely mention one way amongst many others which might be used for ordering the berries to be helpfull for the urine and the stone which is thus. Take three or four good handfuls of the berries either green and fresh, or dried, and having

Inflammat. of, dissury, stone, gravel, ulcers in the reins and blader, p. ssing bloud, sharpness of urine,

A presh for Reins.

ving bruiſed them, put them into ſo many Gallons of Beer or Ale, when it is new tunned up: this Drink taken daily hath been found to do much good to many, both to eaſe the pains, and expell urine, and the ſtone, and to cauſe the ſtone not to ingender. The Decoction of the berries in wine or water is the moſt uſual way; but the ponder of them taken in Drink is more effectual.

Chervil.

Deſcription. THe Garden Chervil doth at firſt ſomewhat reſemble Parſley, but after it is better grown, the Leaves are much cut in and jagged, reſembling Hemlocks, being a little hairy, and of a whitiſh green colour, ſometimes turning reddiſh in the Summer, with the ſtalks alſo; it riſeth little above half a foot high, bearing white flowers in ſpoked tufts, which turn into long and round ſeed, pointed at the ends, and blackiſh when they are ripe; of a ſweet taſte, but no ſmell, though the herb it ſelf ſmelleth reaſonable well: the Root is ſmall and long, and periſheth every year, and muſt be ſown anew in the Spring for ſeed, and after July for Autumn Sallet.

The wilde Chervil groweth two or three foot high, with yellow ſtalks and joynts, ſet with broader and more hairy Leaves, divided into ſundry parts nicked about the edges, and of a darker green colour, which likewiſe grow reddiſh with the ſtalks; at the tops whereof ſtand ſmall white tufts of flowers, and afterwards ſmaller and longer ſeed: the Root is white, hard, and enduring long. This hath little or no ſcent.

Place. The firſt is ſown in Gardens, for a Sallet-herb. The ſecond groweth wilde in many of the meadows of this Land, and by the hedg-ſides, and on Heaths.

Time. They flower and ſeed early, and thereupon are ſown again in the end of Summer.

Virtues and Uſe. The Garden Chervil being eaten, doth moderately warm the ſtomach, and is a certain remedy (ſaith Tragus) to diſſolve congealed or clotted bloud in the body, or that which is clotted by bruiſes, falls, &c. The juyce or diſtilled water thereof being taken either in meat or drink, it is held good to provoke urine, to expell the ſtone in the kidneys, to ſend down womens Courſes, and to help the Pluriſie and prickings of the ſides.

Stomach, clotted bloud, bruiſes, falls, ſtone, Pluriſie, ſides,

The wilde Chervil bruiſed and applied, diſſolveth ſwellings in any part of the body, and taketh away the ſpots and marks of congealed bloud by bruiſes or blows, in a little ſpace.

ſwellings, black & blue ſpots.

Sweet Chervil, or Sweet Cicely.

Descri-ption. THis groweth very like the greater Hemlock, having large spread Leaves, cut into divers parts, but of a fresher green colour than the Hemlock, tasting as sweet as the Anniseed: the stalk riseth up a yard high or better being crested or hollow, having the like Leaves at the joynts, but lesser: and at the tops of the branched stalks, umbels or tufts of white flowers; after which come large and long crested, black shining seed, pointed at both ends, tasting quick, yet sweet and pleasant. The Root is great and white, growing deep in the ground, and spreading sundry long branches therein, in taste and smell stronger than the Leaves or seed, and continuing many years.

Cold stomach, winde, flegm, Lungs, phtisick, pestilence, Terms provokes after-birth, appetite lost, Ulcers, epidemical diseases.

Place. This groweth in Gardens.

Virtues. This whole plant besides its pleasantness in Sallets, hath also his physical virtues. The Root boiled and eaten with Oyl and Vineger, (or without Oyl) doth much please and warm an old and cold stomach, oppressed with winde or flegm, or those that have the Phtisick or Consumption of the Lungs: the same drunk with Wine is a preservative from the Plague; it provoketh womens Courses, and expelleth the after-birth, procureth an appetite to meat, and expelleth winde. The juyce is good to heal the ulcers of the head and face. The candied Roots hereof are held as effectual as Angelica to preserve from infection in the time of a Plague, and so warm and comfort a cold weak stomach.

It is so harmless you cannot use it amiss.

Chickweed.

Descri-ption. THis is generally known to most people, I shall therefore not trouble you with the description thereof; nor my self with setting forth the several kindes; sith but onely two or three are considerable for their usefulness.

Hot Livers, Impostumes, swellings, red face, wheals, pushes, itch, scabs, cramps, convulsion, palsie.

Place. These are usually found in moist and watry places, by wood-sides, and elsewhere.

Time. They flower about June, and their seed is ripe in July.

Virtues and Use. It is found to be as effectual as Purslane to all the purposes whereunto it serveth, except for meat onely. The herb bruised or the juyce applied (with cloaths or spunges dipped therein) to the region of the Liver, and as they dry to have fresh applied, doth wonderfully temper the heat of the Liver; and is effectual for all Impostumes and swellings whersoever; for all redness in the face, Wheals, Pushes, Itch, Scabs, the juyce either simply used, or boiled with Hogs grease and applied; the same helpeth Cramps, Convulsions, and Palsies: the juyce or distilled water is of much good use for all heat and redness

in

in the eys to drop some thereof into them; as also into the ears to ease pains in them, and is of good effect to ease the pains, the heat and sharpness of bloud in the Piles, and generally all pains in the body that arise of heat; it is used also in hot and virulent ulcers and sores in the privy parts of man or woman, or on the legs, or elsewhere. The Leavs boiled with Marsh-Mallows, and made into a Pultis with Fenugreek and Linseed, applied to swellings or Impostumes, ripeneth and breaketh them, or swageth the swellings, and easeth the pains: It helpeth the sinews when they are shrunk by Cramps, or otherwise, and to extend and make them pliable again by this Medicine. Boil a handfull of Chickweed, and a handfull of red Rose leavs dried, but not distilled, in a quart of Muscadine untill a fourth part be consumed; then put to them a pint of the Oyl of Trotters, or Sheeps-feet; let them boil a good while still stirring them well; which being strained, anoint the grieved place therewith warm against a fire, rubbing it well with ones hand, and binde also some of the herb (if you will) to the place, and with Gods blessing it will help in three times dressing.

Red eye Hemorrhoids, ulcers,

Sinews,

Cich-Pease, or Cicers.

Descri-ption. THe Garden sorts, whether red, black, or white, brings forth stalks a yard long, whereon do grow many small and almost round Leavs, dented about the edges, set on both sides of a middle rib: at the joynts come forth one or two flowers upon short foot-stalks, Pease-fashion, either white, or whitish, or purplish red, lighter, or deeper according as the Pease that follow will be, that are contained in small, thick, and short pods, wherein lie one or two Pease more usually, a little pointed at the lower end, and almost round at the head, yet a little cornered, or sharp. The Root is small, and perisheth yearly.

Place and Time. They are sown in Gardens, or the Fields, as Pease, being sown later than Pease, and gathered at the same time with them, or presently after.

Virtues and Use. They are no less windy than Beans, but nourish more, they provoke urine, and are thought to increase Sperm, they have a cleansing faculty, whereby they break the stones in the kidneys. To drink the cream of them being boiled in water is the best way: it moveth the belly downwards, provoketh womens Courses, and urine, and increaseth both Milk and seed. One Ounce of Cicers, two Ounces of French Barley, and a small handfull of Marsh-Mallow roots, clean washed and cut, being boiled in the broth of a Chicken, & four Ounces taken in the morning, and fasting two hours after, is a good Medicine for a pain in the sides. The white Cicers are used more for meat than medicine, yet have they the same effects, and are thought more powerfull to increase Milk and Seed.

Dissury, Seed increase, Stone, costiveness, Terms provoked

Pain in the sides

Obstructions stone, open, digest, dissolve.

The wilde Cicers are so much more powerfull than the Garden kindes, by how much they exceed them in heat and drinesse; whereby they do more open Obstructions, break the stone, and have all the properties of cutting, opening, digesting, and dissolving, and this more speedily, and certainly than the former.

Cinkfoil, or Five-leaved Grass; called in some Countreys Five-finger'd Grass.

Descri-ption. THis spreadeth and creepeth far upon the ground, with some slender strings like Strawberries, which take root again, and shooteth forth many Leaves, made of five parts, and sometimes of seven, dented about the edges, and somewhat hard: the stalks are slender leaning downwards, and bear many small yellow flowers thereon, with some yellow threds in the middle, standing about a smooth green head; which when it is ripe is a little rough, and containeth small brownish seeds. The root is of a blackish brown colour, seldom so big as ones little finger, but growing long with some threds thereat; and by the small strings it quickly spreadeth over the ground.

Place. It groweth by wood-sides, hedg-sides, the Path-ways in fields, and in the borders and corners of them almost through all this Land.

Time. It flowreth in Summer, some sooner, some later.

Inflammation Feaver, pestilence sore mouths, ulcers, cankers, fistulaes, Quinsie, yellow Jaundice Falling-sickness, flux, Terms flow, whites, bloudy flux, tooth-ach hoarsness cough

Virtues and Use. It is an especial herb used in all Inflammations and Feavers, whether infectious or pestilential; or among other herbs to cool, and temper the blood and humours in the body; as also for all Lotions, Gargles, Injections, and the like for sore mouths, Ulcers, Cankers, Fistulaes, and other corrupt, foul, or running sores. The juyce hereof drunk about four Ounces at a time for certain days together, cureth the Quinsie and the yellow Jaundice, and taken for thirty days together cureth the falling-sickness. The Roots boiled in Milk, and drunk, is a most effectual remedy for all fluxes in man or woman, whether the Whites, or Reds, as also the bloudy flux. The Roots boiled in Vineger, and the Decoction thereof held in the mouth, easeth the pains of the Tooth-ach. The juyce or decoction taken with a little Honey, helpeth the hoarsness of the Throat, and is good for the Cough of the Lungs. The distilled water of both Roots and Leaves is also effectual to all the purposes aforesaid: and if the hands be often washed therein, and suffered at every time to dry in of it self without wiping, it will in short time help the Palsie, or shaking in them. The Root boiled in Vineger, helpeth all knots, kernels, hard swellings, and lumps growing in any part of the flesh, being thereto applied, as also all inflammations, and St. Anthonies fire, all Impostumes, and painfull sores with heat and putrefactions; the Shingles also, and all other sorts of run-

running, and ſoul Scabs, Sores, and Itch. The ſame alſo boyled in Wine, and applied to any joynts full of pain and ach, or the Gout in the hands, or feet, or the Hip-gout, called the Sciatica, and the Decoction thereof drunk the while, doth cure them; and eaſeth much pains in the bowels. The Roots are like effectual to help ruptures, or burſtings, being uſed with other things available to that purpoſe taken either inwardly or outwardly, or both; as alſo for bruiſes, or hurts by blows, falls, or the like, and to ſtay the bleeding of wounds in any part inward, or outward.

Palſey of the hands, Kings in the fleſh, S. Anthonies fire, Shingles, ſcabs, itch, joynts Pained, Sciatica, ſinewes, Gouts, Bruiſes, Falls, Bleeding, Agues.

This is an Herb of Jupiter, and therefore ſtrengthens the parts of the body that he rules, let Jupiter be angular and ſtrong when it is gathered, and if you give but a ſcruple (which is but twenty grains of it) at a time, either in white Wine, or white Wine Vineger, you ſhall very ſeldom miſs the cure of an Ague, be it what Ague ſoever in three fits, as I have often proved to the admiration both of my ſelf and others, let no man deſpiſe it becauſe it is plain and eaſie, the ways of God are all ſuch, it is the ungodlineſs and impudency of man that made things hard, and hath (by ſo doing) made ſport for all the Devils in Hell, and grieved the good Angels, and when you read this, our own Genius, if you be any thing at all acquainted with it, may dictate to you many as good concluſions both of this and other Herbs.

Some hold that one leaf cures a Quotidian, three a Tertian, and four a Quartan Ague, and a hundred to one if it be not Dioſcorides, for he is full of ſuch whimſeys, The truth is, I never ſtood ſo much upon the number of the Leaves, nor whether I gave it in pouder or Decoction: if Jupiter were ſtrong, and the Moon applying to him, or his good aſpect at the gathering of it, I never knew it miſs the deſired effects.

Clary.

Deſcription. Our ordinary Garden Clary hath four ſquare ſtalks, with broad, rough, wrinkled, whitiſh, or hairy green Leaves, ſomewhat evenly cut in on the edges, and of ſtrong, ſweet ſcent, growing ſome near the ground, and ſome by couples upon the ſtalks: the flowers grow at certain diſtances, with two ſmall leaves at the joynts under them, ſomewhat like unto the flowers of Sage, but ſmaller, and of a whitiſh blue colour: the ſeed is brownish, and ſomewhat flat, or not ſo round as the wilde, the Roots are blackiſh, and ſpread not far, and periſh after the ſeed time: it is uſually ſown, for it ſeldom riſeth of its own ſowing.

Place. This groweth in Gardens.

Time. It floweteth in June and July, ſome a little later than others, and their ſeed is ripe in Auguſt, or thereabouts.

Virtues and Uſe. The ſeed is uſed to be put into the eys to clear them from Moats, or other ſuch like *Eye.* things

things gotten within the Lids to offend them, as alſo to clear them from white, or red ſpots in them. The Mucilage of the ſeed made with water, and applied to tumours and ſwellings, diſperſeth and taketh them away, as alſo draweth forth Splinters, Thorns, or other things gotten into the fleſh. The Leaves uſed with Vineger, either by it ſelf, or with a little Honey, doth help hot Inflammations, as alſo Boils, Felons, and the hot Inflammations that are gathered by their pains, if it be applied before they be grown too great. The powder of the dried Leaves put into the noſe provoketh neeſing, and thereby purgeth the head and brain of much rheum and corruption. The ſeed or Leaves taken in Wine provoketh to Venery. It is of much uſe both for men and women that have weak backs, to help to ſtrengthen the Reins, uſed either by it ſelf, or with other Herbs conducing to the ſame effect. And in Tanſies often: the freſh Leaves dipped in a Batter of flour, Egg, and a little milk, and fried in butter, and ſerved to the table, is not unpleaſant to any, but exceeding profitable for thoſe that are troubled with weak backs, and the effects thereof. The juyce of the Herb put into Ale, or Beer, and drunk, bringeth down Womens Courſes, and expelleth the After-birth.

ſwellings
Thorns,
Splinters,
Inflammations
Boils,
Felons,
Heads,
Brain,
Luſt provoketh
Back
Terms provokes,
After-birth.

It is an uſual courſe with men, when they have gotten the running of the Reins, or women the Whites, then run to the buſh of Clary; Maid bring hither the frying pan, fetch me ſome butter quickly, hen to eating fried Clary, juſt as hogs eat Acorns, and this they think will cure their diſeaſe (forſooth) whereas when they have devoured as much Clary as will grow upon an Acre of ground, their backs are as much the better as though they had piſſed in their ſhooes, nay, perhaps much worſe.

As for that trick of curing the eys by it, I can as yet ſay nothing to it, for the reſt it may be effectual.

We will grant that Clary ſtrengthens the back, but this we deny, that the cauſe of the running of the Reins in men, or the Whites in women lies in the back, (though the back may ſometimes be weakned by them) and therefore the Medicine is as proper, as for me when my Toe is ſore, to lay a plaiſter to my Noſe.

Cleavers, or Gooſgraſs.

Deſcription. THe common Cleavers hath divers very rough ſquare ſtalks, not ſo big as the Tag of a Point, but riſing up to be two or three yards high ſometimes, if it meet with any tall bushes, or trees, whereon it may climb (yet without any Claſpers) or elſe much lower, and lying upon the ground full of joynts, and at every of them ſhooteth forth a branch, beſides the Leaves thereat, which are uſually ſix ſet in a round compaſs like a Star, or the rowel of a Spur; from between the Leaves at the joynts towards the brandies, come forth very ſmall white flowers, every one

one upon a ſmall threddy foot-ſtalk, which after they are fallen, there do ſhew two ſmall, round rough ſeeds, joyned together like two Teſticles, which when they are ripe grow hard and whitiſh, having a little hole on the ſide, ſomewhat like unto a Navil. Both ſtalks, leaves, and ſeeds are ſo rough, that they will cleave to any thing that touch them. The Root is ſmall and very threddy, ſpreading much in the ground, but dieth every year.

Place. It groweth by the hedge and ditch-ſides in many places of this Land, and is ſo troubleſom an inhabitant in Gardens, that it rampeth upon, and is ready to choak what ever growns next it.

Time. It flowereth in June and July, and the ſeed is ripe and falleth again in the end of July, or Auguſt, from whence it ſpringeth up again, and not from the old Roots.

Virtues and Uſe. The juyce of the Herb and ſeed together taken in Wine, helpeth thoſe that are bitten with an Adder, by preſerving the heart from the venom, it is familiarly taken in broth, to keep them lean and lank that are apt to grow fat. The diſtilled water drunk twice a day helpeth the yellow Jaundice, and the Decoction of the Herb in experience found to do the ſame, and ſtayeth Laſks and bloudy Fluxes. The juyce of the Leaves, or they a little bruiſed and applied to any bleeding wound, ſtayeth the bleeding. The juyce is alſo very good to cloſe up the Lips of green wounds; and the pouder of the dried Herb ſtrewed thereupon doth the ſame; and likewiſe helpeth old Ulcers: being boyled with Hogs greaſe, it healeth all ſorts of hard ſwellings, or Kernels in the Throat, being anointed therewith. The juyce dropped into the ears taketh away the pains of them.

venomous beaſts, heart, fatneſs, yellow jaundice, flux, bloudy flux, wounds, Ulcers, ſwelling, Kings Evil, Pain in the Ears.

It is a good remedy in the Spring, eaten (being firſt chopped ſmall, and boyled well in Water-gruel) to cleanſe the bloud, and ſtrengthen the Liver, thereby keeping the body in health, and fitting it for that change of ſeaſon that is coming.

Clowns Woundwort.

Deſcription. IT groweth up ſometimes to three, or four foot high, but uſually about two foot, with ſquare, green, rough ſtalks, but ſlender, joynted ſomewhat far aſunder, and two very long, and ſomewhat narrow, dark green Leaves, bluntly dented about the edges thereat ending in a long point. The flowers ſtand toward the tops compaſſing the ſtalks at the joynts with the Leaves, and end likewiſe in a ſpiked top, having long and much open gaping hoods of purpliſh red colour, with whitiſh ſpots in them, ſtanding in ſomewhat rough Huſks, wherein afterwards ſtand blackiſh round ſeeds. The Root is compoſed of many long ſtrings, with ſome tuberous long knobs growing among them,

of a pale yellowiſh, or whitiſh colour, yet at ſome times of the year theſe knobby Roots in many places are not ſeen in the Plant: the whole Plant ſmelleth ſomewhat ſtrongly.

Place. It groweth in ſundry Counties of this Land, both North and Weſt, and frequently by Path-ſides in the fields near about London, and within three, or four miles diſtance about it, yet it uſually grows in, or near ditches.

Time. It flowereth in June and July, and the ſeed is ripe ſoon after.

Wounds, Ulcers, Bloud, Cankers bloudy flux. Veſſels broken ruptures, ſputing, Piſſing and vomiting bloud, Veins ſwelled, Muſcles cut.

Virtues and Uſe. It is ſingular effectual in all freſh and green wounds, and therefore beareth not this name for nought. And is very available in ſtanching of bloud, and to dry up the fluxes of humours in old fretting Ulcers, Cancers, &c. that hinders the healing of them.

A Syrup made of the juyce of it is inferior to none for inward Wounds, Ruptures of Veins, bloudy Flux, Veſſels broken, ſpitting, piſſing, or vomiting bloud, Ruptures are excellently and ſpeedily, even to admiration cured by taking now and then a little of the Syrup, and applying an Oyntment, or Plaiſter of the Herb to the place. Alſo if any Vein be ſwelled, or Muſcle cut, apply a Plaiſter of this Herb to it, and if you add a little Comfry to it, it will not do amiſs, I aſſure the Herb deſerves commendations, though it have gotten but a clowniſh name, and whoever reades this (if he try it as I have done) will commend it as well as I.

I have done, onely take notice, that it is of a dry earthy quality, and under the Dominion of the Planet Saturn.

Cocks-head.

Deſcription. THis hath divers weak, but rough ſtalks, half a yard long, leaning downwards, beſet with winged Leaves, longer and more pointed than thoſe of Lentils, and whitiſh underneath; from the tops of theſe ſtalks ariſe up other ſlender ſtalks, naked without leaves unto the tops where there grow many ſmall flowers in manner of a ſpike, of a pale reddiſh colour, with ſome blueneſs among them: after which riſe up in their places, round, rough, and ſomewhat flat heads. The Root is tough and ſomewhat woody, yet liveth and ſhooteth anew every year.

Place. It groweth under hedges, and ſometimes in the open fields, in divers places of this Land.

Time. They flower all the Moneths of July and Auguſt, and the ſeed ripeneth in the mean while.

Knots and Kernels in the fleſh, ſtrangu-

Virtues and Uſe. It hath a power to rarifie and digeſt, and therefore the green Leaves bruiſed and laid as a Plaiſter, diſperſeth Knots, Nodes, or Kernels in the fleſh, and if when it is dry it be taken in Wine, it helpeth the Strangury; and being anointed with Oyl, it pre-

provoketh ſweat. It is a ſingular food for Cattel, to cauſe them to give ſtore of Milk, and why then may it not do the like being boyled in the ordinary drink of Nurſes. *ry milk in Cattel.*

Columbines.

THeſe are ſo well known, growing in almoſt every Garden, that I think I may ſave the expence of time in writing a deſcription of them.

Time. They flower in May, and abide not for the moſt part when June is paſt, perfecting their ſeed in the mean time.

Virtues and Uſe. The Leaves of Columbines are commonly uſed in Lotions with good ſucceſs for ſore Mouths and Throats: Tragus ſaith, that a dram of the ſeed taken in Wine with a little Saffron, openeth Obſtructions of the Liver, and is good for the yellow Jaundice, if the party after the taking hereof be laid to ſweat well in his bed: the ſeed alſo taken in Wine cauſeth a ſpeedy delivery of Women in Child-birth; if one draught ſuffice not, let her drink a ſecond, and it is effectual: the Spaniards uſe to eat a piece of the Root hereof in a morning faſting, many days together, to help them being troubled with the ſtone in the Reins, or Kidneys. *ſore mouths, and Throats, Obſtructions, yellow jaundice, Womans Travail, ſtone.*

Coltsfoots or Foalsfoot.

Deſcription. THis ſhooteth up a ſlender ſtalk with ſmall yellow flowers ſomewhat early, which fall away quickly, and after they are paſt, come up ſomewhat round Leaves, ſometimes dented a little about the edges, much leſſer, thicker and greener than thoſe of Butterbur, with a little down, or Freez over the green Leaf on the upper ſide, which may be rubbed away, and whitiſh or mealy underneath. The Root is ſmall and white, ſpreading much under ground, ſo that where it taketh, it will hardly be driven away again, if any little piece be abiding therein; and from thence ſpringeth freſh Leaves.

Place. It groweth as well in wet grounds, as in drier places.

Time. And flowereth in the end of February, the Leaves beginning to appear in March.

Virtues and Uſe. The freſh Leaves, or juyce, or a Syrup made thereof is good for a hot dry Cough, for wheefings and ſhortneſs of breath. The dry Leaves are beſt for thoſe that have thin Rhems, and Diſtillations upon the Lungs, cauſing a Cough, for which alſo the dried leaves taken as Tobacco, or the roots, is very good. The diſtilled water hereof ſimply, or with Elder flowers and Nightſhade, is a ſingular remedy againſt all hot Agues, to drink two ounces at a time, and apply cloaths wet therein to the head and ſtomach, which alſo doth much good, being applied to any hot ſwellings, or *Cough, wheefing, ſhortneſs of breath, Agues, inflammations, ſwelling, S. Anthonies fire, burnings,*

Inflammations in the privities.

Inflammations, it helpeth St. Anthonies fire, and burnings, and is ſingular good to take away wheals, and ſmall puſhes that ariſe through heat, as alſo the burning heat of the Piles, or privy parts, cloaths wet therein being thereunto applied.

Comfry.

Deſcription. The common great Comfry hath divers very large, and hairy green Leaves lying on the ground, ſo hairy, or prickly, that if they touch any tender part of the hands, face, or body, it will cauſe it to itch; the ſtalk that riſeth up from among them being two or three foot high, hollow and cornered, is very hairy alſo, having many ſuch like Leaves as grow below, but leſſer and leſſer up to the top. At the joynts of the ſtalks, it is divided into many branches with ſome Leaves thereon, and at the ends ſtand many flowers in order one above another, which are ſomewhat long and hollow, like the finger of a glove, of a pale whitiſh colour, after which come ſmall black ſeed. The Roots are great and long, ſpreading great thick branches under ground, black on the outſide, and whitiſh within, ſhort or eaſie to break, and full of a glutinous or clammy juyce of little, or no taſte at all.

There is another ſort in all things like this, ſave onely it is ſomewhat leſs, and beareth flowers of a pale purple colour.

Place. They grow by ditches and water-ſides, and in divers fields that are moiſt, for therein they delight chiefly to grow: the firſt generally through all the land, and the other but in ſome ſeveral places.

By the leave of my Authour, the firſt grow often in dry places.

Time. They flower in June and July, and give their ſeed in Auguſt.

Spitting, piſſing bloud. Inward wounds, bruiſes, phtiſick, bloudy flux, Terms ſtop, whites, Nerves cut, Muſcles cut, ſharp humours. wounds

Virtues and Uſe. The great Comfry helpeth thoſe that ſpit bloud, or make a bloudy Urine; the Root boyled in water or Wine, and the Decoction drunk, helpeth all inward hurts, bruiſes, and wounds, and the Ulcers of the Lungs, cauſing the flegm that oppreſſeth them to be eaſily ſpit forth; it ſtayeth the defluxions of rheum from the head upon the Lungs, the fluxes of bloud, or humours by the belly, womens immoderate Courſes, as well the Reds as the Whites; and the running of the Reins hapning by what cauſe ſoever. A Syrup made thereof is very effectual for all thoſe inward griefs and hurts; and the diſtilled water for the ſame purpoſe alſo, and for outward wounds and ſores in the fleſhy, or ſinewy part of the body whereſoever; as alſo to take away the fits of Agues, and to allay the ſharpneſs of humours. A Decoction of the Leaves hereof is available to all the purpoſes, though not ſo effectual as of the Roots. The roots being outwardly applied, helpeth freſh wounds, or cuts immediately, being bruiſed

and

and laid thereunto; and is eſpecial good for Ruptures and broken bones; yea, it is ſaid to be ſo powerfull to conſolidate and knit together, that if they be boiled with diſſevered pieces of fleſh in a pot, it will joyn them together again. It is good to be applied to womens breaſts that grow ſore by the abundance of milk coming into them; as alſo to repreſs the overmuch bleeding of the Hemorrhoids, to cool the inflammation of the parts thereabouts, and to give eaſe of pains. The Roots of Comfry taken freſh, beaten ſmall, and ſpread upon Leather, and laid upon any place troubled with the Gout, do preſently give eaſe of the pains; and applied in the ſame manner giveth eaſe to pained joynts, and profiteth very much for running and moiſt ulcers, Gangrenes, Mortifications, and the like, for which it hath by often experience been found helpfull. *Ruptures, broken bones, knotted breaſts, Hemorrhoids, Inflammation, Gout, pained joynts, Gangrenes.*

This is alſo an herb of Saturn, and I ſuppoſe under the Sign Capricorn, cold, dry, and earthly in quality, what was ſpoken of Clowns Woundwort may be ſaid of this.

Coſtmary, or Alecoſt

THis is ſo frequently known to be an inhabitant in almoſt every Garden, that I ſuppoſe it needleſs to write a deſcription thereof.

Time. It flowreth in June and July.

Virtues and Uſe. The ordinary Coſtmary as well as Mauld in, provoketh urine abundantly, and moveth the hardneſs of the Mother; it gently purgeth choller and flegm, extenuating that which is groſs, and cutting that which is tough and glutinous, cleanſeth that which is foul, and hindreth putrefaction and corruption, it diſſolveth with its attraction, openeth Obſtructions, and healeth their evil effects, and is a wonderful help to all ſorts of day Agues. It is aſtringent to the ſtomach, and ſtrengthneth the Liver, and all the inward parts, and taken in Whey, worketh the more effectually. Taken faſting in the morning, it is very profitable for the pains in the head that are continual, and to ſtay, dry up, and conſume thin Rheums, or diſtillations from the head into the ſtomach, and helpeth much to digeſt raw humours that are gathered therein. It is very profitable for thoſe that are fallen into a continual evil diſpoſition of the whole body, called Cachexia, being taken eſpecially in the beginning of the diſeaſe: it is an eſpecial friend and help to evil, weak, and cold Livers. The ſeed is familiarly given to children for the worms, and ſo is the infuſion of the flowers in white wine, giving to them the quantity of two Ounces at a time: it maketh an excellent Salve to cleanſe and heal old ulcers, being boiled with Oyl Olive, and Alders tongue with it; and after it is ſtrained, to put a little Wax, Rozin, and Turpentine to bring it into a convenient body. *diſeaſes, Choller, flegm, putrefaction, Corruption, Obſtructions, quotidian Ague, Stomach, Liver, head-ach, Rheum, raw humours, Cachexia, worms, Ulcers.*

Cudweed, or Cottonweed.

Deſcription. THe common Cudweed riſeth up but with one ſtalk ſometime, and ſometimes with two or three, thick ſet on all ſides with ſmall, long, and narrow, whitiſh or woolly Leaves, from the middle of the ſtalk almoſt up to the top; with every Leaf ſtandeth a ſmall flower, of a dun, or browniſh yellow colour, or not ſo yellow as others; in which heads, after the flowers are fallen, come ſmall ſeed wrapped up with the doun therein, and is carried away with the winde. The Root is ſmall and threddy.

There are other ſorts hereof, which are ſomewhat leſſer than the former, not much different, ſave onely that as the ſtalk and Leaves are ſhorter, ſo the flowers are paler, and more open.

Place. They grow in dry, barren, ſandy, and gravelly grounds, in moſt places of this Land.

Time. They flower about July, ſome earlier, ſome later, and their ſeed is ripe in Auguſt.

Binde, dry, fluxes, Terms ill ſtopped, ruptures, worms, Tenaſmus, wounds, bleeding, Ulcers, Quinſie.

Virtues and Uſe. The plants are all aſtringent, or binding and drying, and therefore profitable for defluxious of rheum from the head, and to ſtay fluxes of bloud whereſoever. The decoction being made into red Wine and drunk, or the pouder taken therein; it alſo helpeth the bloudy flux, and eaſeth the torments that come thereby, ſtayeth the immoderate Courſes of Women, and is alſo good for inward or outward wounds, hurts, and bruiſes, and helpeth Children both of burſtings and the Worms; and the diſeaſe called Tenaſmus, which is an often provocation to the ſtool, and doing nothing, being either drunk or injected: the green Leaves bruiſed and laid to any green wound ſtayeth the bleeding, and healeth it up quickly: the Decoction or juyce doth the ſame, and helpeth all old and filthy Ulcers quickly: the juyce of the Herb taken in Wine and Milk is (as Pliny ſaith) a ſovereign remedy againſt the Mumps and Quinſie, and further ſaith, that whoſoever ſhall ſo take it, ſhall never be troubled with that diſeaſe again.

Venus is Lady of it.

Cowſlips.

Spots, wrinkles, ſun burning, heads heat, winde, beauty, vertigo, ephialtes, convulſion,

BOth the wilde and garden Cowſlips are ſo well known that I will neither trouble my ſelf nor the Reader with any deſcription of them.

Time. They flower in April and May.

Virtues and Uſe. The flowers are held to be more effectual than the Leaves, and the Roots of little uſe.

An Oyntment being made with them taketh away Spots and Wrinckles of the skin, ſun-burning and Freckles, and adds beauty exceedingly: they remedy all infirmities of the head coming of heat and winde, as Vertigo, Ephialtes, falſe apparitions, Phrenſies, falling-

ſick-

ſickneſs, Palſies, Convulſions, Cramps, pains in the nerves: the Roots eaſe pains in the back and bladder, and open the paſſages of the urine: the Leaves are good in wounds, and the flowers take away trembling: if the flowers be not well dried, and kept in a warm place, they will ſoon putrifie, and look green, have a ſpecial eye over them; if you let them ſee the Sun once a moneth, it will do neither the Sun nor them harm.

cramp, back, bladder, wounds, trembling. Frenzie. Falling ſickneſs, Palſie.

Becauſe they ſtrengthen the brain and nerves, and remedy Palſies, the Greeks gave them the name Paralyſis; the flowers preſerved or conſerved, and the quantity of a Nutmeg eaten every morning, is a ſufficient Doſe for inward diſeaſes, but for wounds, ſpots, wrinkles, and ſun-burning, an Ointment is made of the Leaves and Hogs greaſe.

Venus lays claim to the herb as her own, and it is under the ſign Aries, and our City Dames know well enough the Ointment of diſtilled water of it adds beauty, or at leaſt reſtores it when it is loſt.

Sciatica Creſſes.

Deſcription. THeſe are of two kindes; the firſt riſeth up with a round ſtalk about two foot high ſpread into divers branches, whoſe lower Leaves are ſomewhat larger than the upper, yet all of them cut, or torn on the edges, ſomewhat like unto Garden Creſſes, but ſmaller: the flowers are ſmall and white, growing at the tops of the branches, where afterwards grow huſks with ſmall browniſh ſeed therein, very ſtrong and ſharp in taſte, more than the Creſſes of the Garden: the Root is long, white, and woody.

The other hath the lower Leaves whole, ſomewhat long and broad, not torn at all, but onely ſomewhat deeply dented about the edges towards the ends, but thoſe that grow up higher are leſſer. The flowers and ſeed are like the former, and ſo is the Root likewiſe: and both Root and ſeed as ſharp as it.

Place. Theſe grow by the way-ſides in untilled places, and by the ſides of old walls.

Time. They flower in the end of June, and their ſeed is ripe in July.

Virtues and Uſe. The Leaves, but eſpecially the Roots taken freſh in the Summer-time, beaten and made into a Pultis or Salve, with old Hogs-greaſe, and applied to the place pained with the Sciatica, to continue thereon four hours, if it be on a man, and two hours on a woman; the place afterwards bathed with Wine and Oyl mixed together, and then wrapped with wool or ſkins after they have ſweat a little, will aſſuredly cure, not onely the ſame diſeaſes in the Hips, Huckle-bone, or other of the joynts, as the Gout in the hands or feet, but all other old griefs of the head, (as inveterate Rheums) and other parts of the body that is hard to be

Sciatica, Gout, head-ach rheums.

cured; and if of the former griefs any part remain; the same medicine after twenty days is to be applied again. The same is also effectual in the diseases of the Spleen; and applied to the skin, it taketh away the blemishes thereof, whether they be scurs Leprosie, scabs, or scurf; which although it exulcerate the part, yet that is to be helped afterwards With a salve made of Oyl and Wax.

Spleen Scars, Leprosie Scurf Scabs.

Esteem of this as another secret.

Water Cresses.

Descri-ption. Our ordinary Water Cresses spreadeth forth with many weak hollow sappy stalks, shooting out fibres at the joynts, and upwards long winged Leaves, made of sundry broad, sappy, and almost round Leaves, of a brownish green colour. The flowers are many and white, stanḍing on long foot-stalks, after which come small yellow seed, contained in small long pods like horns: the whole plant abideth green in the Winter, and tasteth some hat not and sharp.

Place. They grow (for the most part) in the small standing waters, yet sometimes in small Rivulets of running water.

Time. They flower and seed in the beginning of Summer.

Virtues and Use, They are more powerfull against scurvy, and to cleanse the bloud and humours than Brooklime is, and serve in all the other uses in which Brooklime is available: as to break the stone, and provoke urine, and womens Courses. The Decoction thereof cleanseth ulcers, by washing them therewith. The Leaves bruised, or the juice, is good to be applied to the face, or other parts troubled with freckles, pimples, spots, or the like at night, and washed away in the morning: the juyce mixed with vineger, and the forepart of the head bathed therewith is very good for those that are dull and drowsie, or have the Lethargy.

Scurvy, bloud, humours Stone, disurp terms provokes, ulcers, freckles, Pimples, Spots, dulness, Lethargy

Water-Cress pottage is a good remedy to cleanse the bloud in the Spring, and help head-aches, and consume the gross humours Winter hath left behinde, those that would live in health may use it if they please, if they will not I cannot help it: if any fancy not pottage they may eat the herbs as a Sallet.

Crosswort.

Descri-ption. The common Crosswort groweth up with square hairy brown stalks, little above a foot high, having four small broad and pointed hairy, yet smooth green Leaves, growing at every joynt, each against other cross-ways, which hath caused the name: toward the tops of the stalks at the joynts with the Leaves in three or four rows upwards stand small, pale, yellow,

yellow flowers, after which come ſmall, blackiſh, round ſeed, four for the moſt part ſet in every huſk. The root is very ſmall and full of fibres, or threds, taking good hold of the ground, and ſpreading with the branches a great deal of ground, which periſheth not in Winter, although the Leaves die every year, and ſpring again anew.

Place. It groweth in many moiſt grounds, as well meadows, as untilled places about London. In Hamſted Church-yard, at Wye in Kent, and ſundry other places.

Time. It flowreth from May all the Summer long in one place or other, as they are more open to the Sun; and the ſeed ripeneth ſoon after.

Virtues and Uſe. This is a ſingular good wound-herb, and is uſed inwardly, not onely to ſtay bleeding of wounds, but to conſolidate them, as it doth outwardly any green wounds, which it quickly ſodereth up and healeth. The Decoction of the herb in Wine helpeth to expectorate flegm out of the Cheſt, and is good for Obſtructions in the breaſt, ſtomach, or bowels, and helpeth a decayed appetite; it is alſo good to waſh any wound or ſore with, to cleanſe and heal it: the herb bruiſed and then boiled, and applied outwardly for certain days together, renewing it often, and in the mean time the Decoction of the herb in Wine taken inwardly every day doth certainly cure the Rupture in any, ſo as it be not too inveterate; but very ſpeedily if it be freſh and lately taken.

Wounds inward and outward, flegm, obſtructions, ſtomach, ruptures.

Crowfoot.

ABundance are the ſorts of this herb, that to deſcribe them all would tire the patience of Socrates himſelf, but becauſe I have not yet attained to the ſpirit of Socrates, I ſhall but deſcribe the moſt uſual.

Deſcription. The moſt common Crowfoot hath many dark green Leaves cut into divers parts, in taſte biting and ſharp, biting and bliſtering the Tongue, it bears many flowers, and thoſe of a bright reſplendent yellow colour; I do not remember that I ever ſaw any thing yellower; virgins in ancient time uſed to make pouder of them to ſtrew Bride-beds; after which flowers come ſmall heads of ſeeds, round, but rugged like a Pine-apple.

Place. They grow very common every where, unleſs you run your head into a hedg you cannot chuſe but ſee ſome of them where ever you walk.

Time. They flower in May and June, even till September.

Names. Many are the names this furious biting herb hath obtained, almoſt enough to make up a Welchmans pedigree, if he feteh it no further than John of Gaunt of William the Conquerour, for it is called Frogs-foot from the Greek name Batrachion, Crowfoot, Gold-knobs, Gold

Cups, King Kob, Buſſinets, Troll Flower, Polts Locker, Goulous, and Butter-flowers.

Virtues and uſe. This fiery and hot ſpirited herb of Mars is no way fit to be given inwardly, but an Ointment of the leaves or flowers will draw a bliſter, & may ſo be fitting applied to the nape of the neck to draw back rheum from the eys, the herb being bruiſed and mixed with a little Muſtard draws a bliſter as well and as perfectly as Can harides, and with far leſs danger to the veſſels of urine, which Cantharides naturally delight to wrong. I knew the herb once applied to a peſtilentia riſing that was falling down, and it ſaved life even beyond hope; it were good keeping an Ointment and Plaiſter of it, if it were but for that.

Cuckowpint or Wake-Robin.

Deſcription. THis ſhooteth forth three, four, or five Leaves, at the moſt from one Root, every one whereof is ſomewhat large and long, broad at the bottom next the ſtalk, and forked, but ending in a point, without cut on the edges, of a full green colour, each ſtanding upon a thick round ſtalk, of a hands breadth long or more: among which after two or three moneths that they begin to wither, riſeth up a bare round whitiſh green ſtalk, ſpotted and ſtraked with purple, ſomewhat higher than the Leaves, at the top whereof ſtandeth a long hollow huſe or huſk, cloſe at the bottom, but open from the middle upwards, ending in a point; in the middle whereof ſtandeth a ſmall long peſtle or clapper, ſmaller at the bottom than at the top, of a dark purple colour, as the huſk is on the inſide, though green without; which after it hath ſo abidden for ſome time, the huſk with the clapper decayeth, and the foot or bottom thereof groweth to be a ſmall long bunch of berries, green at the firſt, and of a yellowiſh red colour when they are ripe, of the bigneſs of a Hazel-nut kernel, which abide thereon almoſt until Winter; the Root is round and ſomewhat long, for the moſt part lying along, the Leaves ſhooting forth at the bigger end, which when it beareth his berries, is ſomewhat wrinkled and looſe, another being growing under it, which is ſolid and firm with many ſmall threds hanging thereat: the whole plant is of a ſharp biting taſte, pricking the tongue as Nettles do the hands, and ſo abideth for a great while without alteration. the Root hereof was anciently uſed inſtead of Starch to ſtarch Linnen withall.

There is another ſort of Cuckowpint, with leſſer Leaves than the former, and ſomewhat harder, having blackiſh ſpots upon them, which for the moſt part abide longer green in Summer than the former, and both Leaves and Roots are more ſharp and fierce than it: in all things elſe it is like the former.

Place. Theſe two ſorts grow frequently almoſt under

under every hedge-ſide in many places of this Land.

Time. They ſhoot forth Leaves in the Spring, and continue but untill the middle of Summer, or ſomewhat later, their huſks appearing before they fall, and their fruit ſhewing in Auguſt.

Virtues and Uſe. Tragus reporteth that a dram weight, or more if need be, of the ſpotted Wake-Robin, either freſh and green, or dried being beaten, and taken, is a moſt preſent and ſure remedy for Poyſon and the Plague. The juyce of the Herb taken to the quantity of a ſpoonfull hath the ſame effect: but if there be a little Vineger added thereunto as well as to the Root aforeſaid, it ſomewhat allayeth the ſharp biting taſt upon the tongue. The green Leaves bruiſed, and laid upon any Boil, or Plague-ſore doth wonderfully help to draw forth the poyſon: a dram of the pouder of the dried Root taken with twice ſo much Sugar in the form of a licking Electuary, or the green Root, doth wonderfully help thoſe that are purſie and ſhort winded, as alſo thoſe that have a Cough, it breaketh, digeſteth, and ridderh away flegm from the ſtomach, Chelt, and Lungs. The milk wherein the Root hath been boyled, is effectual alſo for the ſame purpoſe. The ſaid pouder taken in Wine, or other drink; or the juyce of the Berries, or the pouder of them; or the Wine wherein they are boyled: provoketh Urine, and bringeth down womens Courſes, and purgeth them effectually after Child-bearing to bring away the after-birth. Taken with ſheeps milk it healeth the inward Ulcers of the bowels. The diſtilled water hereof is effectual to all the purpoſes aforeſaid, a ſpoonfull taken at a time healeth the Itch; and an ounce more taken at a time for ſome days together doth help the rupture; the Leaves either green or dry, or the juyce of them doth cleanſe all manner of rotten and filthy Ulcers in what part of the body ſoever, and healeth the ſtinking ſores in the noſe, called Polipus. The water wherein the Root hath been boyled, dropped into the eys, cleanſeth them from any film or ſkin, clouds or miſts which begin to hinder the ſight, and helpeth the watering or redneſs of them; or when by ſome chance they become black and blue. The Root mixed with Bean-flour, and applied to the Throat or Jaws that are inflamed, helpeth them. The juyce of the Berries boyled in the Oyl of Roſes, or beaten into pouder, and mixed with the Oyl, and dropped into the ears, eaſeth pains in them. The Berries, or Roots beaten with hot Ox dung and applied, eaſeth the pains of the Gout. The Leaves and Roots boyled in Wine with a little Oyl, and applied to the Piles, or the falling down of the Fundament, eaſeth them; and ſo doth ſitting over the hot fumes thereof. The freſh Roots bruiſed, and diſtilled with a little milk, yieldeth a moſt ſovereign water to cleanſe the ſkin from Scurf, Freckles, Spots, or blemiſhes whatſoever therein.

Poyſon, Plague, Boil, Difficulty of breath, cough, flegm, diſury, Terms provoked, After-birth, Ulcers, Itch, ruptures, Polipus, Eys, throat, Jaws, Gout, Hemorrhoids, Fundament falling down, Scurf, Freckles, Spots, blemiſhes

Authours have left large commendation of this Herb you

you see, but for my part I have neither spoken with Dr. Reason, nor Dr. Experience about it.

Daisies.

THese are so well known to almost every Childe, that I suppose it is altogether needless to write any Description of them. Take therefore the virtues of them as followeth.

wounds, inward and outward, Choller, Liver, Breast, Ulcers, swellings.

Virtues and Use. The greater wilde Daisie is a wound Herb of good respect, often used in those drinks, or Salves that are for wounds, either inward or outward. The juyce, or Distilled water of these, or the small Daisies, doth much temper the heat of Choller, and refresheth the Liver and other inward parts. A Decoction made of them and drunk, helpeth to cure the wounds made in the hollowness of the breast: the same also cureth all Ulcers and Putties in the mouth or tongue, or in the secret parts. The Leaves bruised and applied to the Cods, or to any other parts that are swollen and hot, doth resolve it and temper the heat: A Decoction made hereof with Walwort and Agrimony, and the places fomented, or bathed therewith warm, giveth great ease to them that are troubled with the Palsie, Sciatica, or the Gout. The same also dispersеth and dissolveth the Roots, or Kernels that grow in the flesh of any part of the body, and the bruises and hurts that come of falls and blows: They are also used for ruptures, and other inward burnings with very good success. An Oyntment made hereof doth wonderfully help all wounds that have Inflammations about them, or by reason of moist humours having access unto them, are kept long from healing, and such are those for the most part that happen in the joynts of the Arms, or Legs. The juyce of them dropped into the running Eys of any doth much help them.

Kernels, Bruises, Falls, Ruptures, burnings, Inflammations.

The Herb is under the sign Cancer, and under the dominion of Venus, and therefore excellent good for wounds in the breast, and very fitting to be kept, both in Oyls, Oyntments, and Plaisters, as also in Syrup.

Dandelyon, Vulgarly called Pis-a-beds.

Descri-ption. THis is well known to have many long and deeply gashed Leaves, lying on the ground, round about the head of the root; the end of each Gash or Jag on both sides looking downwards towards the root, the middle rib being white, which broken yieldeth abundance of bitter milk, but the root much more: from among the Leaves, which always abide green, arise many slender, weak, naked foot-stalks, every one of them bearing at the top one large yellow flower, consisting of many rows of yellow Leaves, broad at the points, and nicked in, with a deep spot of yellow in the middle, which growing ripe, the green Husk where-

in

in the flower stood, turneth it self down to the stalk, and the head of Down becometh as round as a ball, with long reddish seed underneath, bearing a part of the Down on the head of every one, which together is blown away with the winde, or may be at once blown away with ones mouth. The Root groweth downwards exceeding deep, which being broken off within the ground, will notwithstanding shoot forth again; and will hardly be destroyed where it hath once taken deep Root in the ground.

Place. It groweth frequent in all Meadows and Pasture grounds.

Time. It flowereth in one place or other almost all the year long.

Virtues and Use. It is of an opening and cleansing quality, and therefore very effectual for the Obstructions of the Liver, Gall, and Spleen, and the diseases that arise from them, as the Jaundice, and Hypochondriacal passion: it wonderfully openeth the passages of the Urine, both in young and old. It powerfully cleanseth Apostumes, and inward in the Uritory passages, and by the drying and temperate quality doth afterwards heal them; for which purpose the Decoction of the Roots, or Leaves in white Wine, or the Leaves chopped as Potherbs, with a few Allisanders, and boiled in their broth is very effectual. And whoso is drawing towards a Consumption, or an ill Disposition of the whole body called Cachexia, by the use hereof for some time together shall finde a wonderfull help. It helpeth also to procure rest and sleep, to bodies distempered by the heat of Ague fits, or otherwise. The distilled water is effectual to drink in Pestilential Feavers, and to wash the sores.

Openeth, cleanseth obstructions, Liver, Gall, Spleen, Jaundice, Hypochondriacal, melancholy, distemper, Consumption, Cachexia, watching, heat, Ague, Pestilence.

You see here what virtues this common Herb hath, and that is the reason you French and Dutch so often eat them in the Spring; and now if you look a little further you may see plainly without a pair of Spectacles, that Forreign Physicians are not so selfish as ours are, but more communicative of the Virtues of Plants to people.

Darnell.

Description. THis hath all the Winter long, sundry long, fat, and rough Leaves, which when the stalk riseth, which is slender, and joynted, are narrower, but rough still; on the top groweth a long spike composed of many heads, set one above another, containing two or three Husks with sharp, but short beards, or awns at the ends; the seed is easily shaked out of the ear, the Husk it self being somewhat tough.

Place. The Countrey Husbandmen do know this too well to grow among their Corn, or in the Borders and Pathways of other fields that are fallow.

Virtues and Use. As this is not without some Vices, so hath it also many Virtues. The meal of Darnel

gangrens Cankers, Leprosie. Morphew Ringworms, Sciatica, Thorns. Splinters, broken bones, Diabets.

is very good to stay Gangreens, and other such like fretting and eating Cankers, and putrid sores: it all cleanseth the skin of all Lepries, Morphews, Ringworms, and the like, if it be used with Salt, and Radish Roots. And being used with quick Brimstone and Vineger it dissolveth Knots and Kernels, and breaketh those that are hard to be dissolved, being boyled in Wine with Pidgeons dung and Linseed: a Decoction thereof made with water and Honey, and the place bathed therewith is profitable for the Sciatica. Darnel Meal applied in a Pultis, draweth forth Splinters and broken bones in the flesh: the red Darnel boyled in red Wine and taken stayeth the Lask and all other Fluxes, and Womens bloudy issues, and restraineth Urine that passeth away too suddenly.

Dill.

Descri-ption. THe common Dill groweth up with seldom more than one stalk, neither so high, nor so great usually as Fennel, being round, and with fewer joynts thereon, whose leaves are sadder, and somewhat long, and so like Fennel, that it deceiveth many; but harder in handling, and somewhat thicker, and of a stronger unpleasanter scent: the tops of the stalks have four branches and smaller Umbels of yellow flowers, which turn into small seed, somewhat fatter and thinner than Fennel seed. The Root is small and woody, perishing every year after it hath born seed; and is also unprofitable, being never put to any use.

Place. It is most usually sown in Gardens, and grounds for the purpose, and is also found wilde with us in some places.

Virtues and Use. The Dill being boyled and drunk is good to ease swellings and pains, it also stayeth the belly and stomach from casting: the Decoction thereof helpeth women that are troubled with the pains and windiness of the Mother, if they sit therein. It stayeth the Hiccough, being boyled in Wine, and but smelled unto, being tied in a cloth. The seed is of more use than the Leaves, and more effectual to digest raw and viscuous humours, and is used in Medicines that serve to expell winde, and the pains proceeding therefrom. The seed being toasted, or fried, and used in Oyls, or Plaisters dissolveth the Impostumes in the Fundament, and drieth up all moist Ulcers (especially in the secret parts.) The Oyl made of Dill is effectual to warm, to resolve humours and Impostumes, to ease pains, and to procure rest.

Swellings Pains, Loosness, vomiting, Mother, Hiccough raw and tough humours, winde, Apostumes, ulcers,

terms provokes.

The Decoction of Dill, be it Herb, or seed (onely if you boyl the seed you must bruise it) in white Wine, being drunk, is a gallant expeller of winde, and provoker of the Terms.

Dill is an herb of Mercury. pag. 89. D e

Devils-bit.

Deſcri-ption. THis riſeth up with a round, green, ſmooth, ſtalk about two foot high, ſet with diverſ long and ſomewhat narrow, ſmooth, dark-green leaves, ſomewhat ſnipped about the edges for the moſt part, being elſe all whole and not divided at all, or but very ſeldom, even to the tops of the branches, which yet are ſmaller than thoſe below, with one Rib onely in the middle; at the end of each branch ſtandeth a round head of many flowers, ſet together in the ſame manner, or more nearly than the Scabious, and of a more bluiſh purple colour; which being paſt there followeth ſeed that falleth away. The Root is ſomewhat thick, but ſhort and blackiſh with many ſtrings, abiding after ſeed time many years. This Root was longer untill the Devil (as the Friars ſay) bit away the reſt of it for ſpight, envying its uſefulneſs unto mankinde. For ſure he was not troubled with any diſeaſe for which it is proper.

A learned Tale that coſt a dull Friar ſeven years ſtudy.

There are two other ſorts hereof in nothing unlike the former, ſave that the one beareth white, and the other bluſh coloured flowers.

Place. The firſt groweth as well in dry Meadows and fields, as moiſt, in many places of this Land: but the other two are more rare, and hard to meet with, yet they are both found growing wilde about Appledore, near Rye in Kent.

Time. They flower not uſually untill Auguſt.

Peſtilence, Feavers, Poiſon, venomous beaſts, Bruiſes, Falls, Clotted bloud, ſwellings of the Throat, Mother, Windes, worms, Wounds, Scurff, itch, dandriff, Pimples, Freckles, morphew.

Virtues and Uſe. The Herb, or Root (all that the Devil hath left of it) being boyled in Wine and drunk is very powerfull againſt the Plague, and all Peſtilential diſeaſes, or Feavers; Poyſons alſo, and the bitings of venomous beaſts; it alſo helpeth thoſe that are inwardly bruiſed by any caſualty, or outwardly by falls, or blows, diſſolving the clotted bloud: and the Herb, or Root beaten and outwardly applied, taketh away the black and blue marks that remain in the ſkin. The Decoction of the Herb, with Honey of Roſes put therein is very effectual to help the inveterate Tumours and ſwellings of the Almonds and Throat, by often gargling the mouth therewith. It helpeth alſo to procure womens Courſes, and eaſeth all pains of the Mother, and to break and diſcuſs windes therein and in the bowels. The pouder of the Root taken in drink, driveth forth the Worms in the body: the juyce, or diſtilled water of the herb is effectual for green wounds, or old ſores, and cleanſeth the body inwardly, and the ſeed outwardly, from Sores, Scurff, Itches, Pimples, Freckles, Morphew, or other deformities thereof, but eſpecially if a little Vitrial be diſſolved therein.

Dock.

THese are so well known many kindes of them, that I shall not trouble you with a Description of them; my book grows big too fast.

Virtues and Use. All of them have a kinde of cooling (but not all alike) drying quality, the Sorrels being most cold, and the Bloudworts most drying: of the Bur-Dock I have spoken already by himself. The seed of most of the other kindes whether of the Garden or field, do stay Lasks or Fluxes of all sorts, the loathings of the stomach through Choller, and is helpfull to those that spit bloud. The Roots boyled in Vineger helpeth the Itch, Scabs, and breakings out of the skin, if it be bathed therewith. The distilled water of the Herb and Roots hath the same virtue, and cleanseth the skin of Freckles, Morphews, and all other spots and discolourings therein.

flux, loathing of meat, spitting bloud, scabs, itch, freckles, morphew.

All Docks being boyled with meat, make it boyled the sooner: beside Bloudwort is exceeding strengthning to the Liver, and procure good bloud, being as wholesom a Pot-herb as any grows in a Garden, yet such is the nicety of the times forsooth, that Women will not put it in the Pot, because it makes the pottage black. Pride and Ignorance (a couple of Monsters in the Creation) preferring nicity before health.

Dodder of Time, or Epithimum, and other Dodder.

Descri-ption. THis first from seeds giveth Roots in the ground which shooteth forth threds or strings, grosser or finer, as the property of the Plant wherein it groweth, and the Climate doth suffer, creeping and spreading on that Plant whereon it fastneth, be it high or low. These strings have no Leaves at all upon them, but winde and interlace themselves so thick upon a small plant that it taketh away all comfort of the Sun from it, and is ready to choke or strangle it: after these strings are risen up to that height that they may draw nourishment from the plant, they seem to be broken off from the ground, either by the strength of their rising, or withered by the heat of the Sun. Upon these strings are found clusters of small heads or husks, out of which start forth whitish flowers, which afterwards give small pale coloured seed somewhat flat, and twice as big as Poppy-seed. It generally participates of the nature of that plant which it climbeth upon, but the Dodder of Time is accounted the best, and is the onely true Epithimum.

Virtues and Use. This is accounted the most effectual for melancholick diseases, and to purge black, or burnt Choller, which is the cause of many diseases

melancholly,

of

of the head and brains, as also for the trembling of the heart, faintings and swownings. It is helpfull in all diseases and griefs of the Spleen, and of that melancholly that ariseth from the windiness of the Hypochondria. It purgeth also the Reins or Kinneys by Urine. It openeth Obstructions of the Gall, whereby it profiteth them that have the Jaundice; as also of the Liver and Spleen; purging the veins of Chollerick and Flegmatick humours, and helpeth childrens Agues, a little Worm-seed being put thereto.

Adust, choller. trembling. fainting, swowning Spleen, Hypochondria, Obstructions, Gall, Jaundice Liver, dispay.

The other Dodders do (as I said before) participate of the nature of those plants whereon they grow: as that which hath been found growing upon Nettles in the West-country hath by experience been found very effectual to procure plenty of Urine, where it hath been stopped, or hindred. And so of the rest.

All Dodders are under Saturn, tell not me of Physicians crying up Epithimum, or that Dodder which grows upon Time (most of which comes from Hymettus in Greece, or Hybla in Sicilia, because those mountains abound with Time) he is a Physician indeed that hath wit enough to chuse his Dodder according to the nature of the disease and humour peccant, we confess, Time is the hottest Herb it usually grows upon, and therefore that which grows upon Time is hotter than that which grows upon colder Herbs, for it draws nourishment from what it grows upon as well as from the earth where its Root is, and thus you see old Saturn is wise enough to have two strings to his Bowe.

Sympathy and Antipathy, are the two hinges upon which the whole moddel of Physick turns, and that Physician which mindes them not is like a Door off from the hooks, more likely to do a man a mischief than to secure him; then all the diseases Saturn causeth, this helps by Sympathy, and strengthens all the parts of the body he rules; such as caused by Sol it helps by Antipathy, what those diseases are see my judgement of diseases by Astrology, and you be pleased to look the Herb Wormwood, you shall finde a rational way for it.

Dogs grass, or Quich grass.

Descri-ption. IT is well known that this grass creepeth far about under ground with long white joynted Roots, and small fibres almost at every joynt, very sweet in taste, as the rest of the Herb is, and interlacing one another, from whence shoot forth many fair long grassie Leaves, small at the ends, and cutting, or sharp on the edges. The stalks are joynted like Corn, with the like Leaves on them, and a long spiked head with long husks on them, and hard rough seed in them.

Place. It groweth commonly through this Land in

divers plowed grounds, to the no small trouble of the Husbandman, as also of the Gardiners in Gardens to weed it out if they can, for it is a constant Customer to the place it gets footing in.

Virtues and use. This is the most medicinable of all the Quich-grasses: being boiled and drunk, it openeth Obstructions of the Liver, and Gall, and the stoppings of the urine, and easeth the griping pains of the belly and inflammations, wasteth the matter of the stone in the bladder, and the ulcers thereof also: the Roots bruised and applied doth consolidate wounds: the seed doth more powerfully expell urine, and stayeth the Lask, and vomitings: the distilled water alone, or with a little Wormseed killeth the worms in children.

Liver, Gall, disury, griping, inflammation, ulcers in the bladder, wounds, vomiting worms, stopping.

The way of use is to bruise the Roots, and having well boiled them in white Wine, drink the Decoction, it is opening, but not purging very safe; it is a remedy against all diseases coming of stopping, and such are half those which are incident to the body of man; and although a Gardiner be of another opinion, yet a Physitian holds half an Acre of them to be worth five Acres of Carrots twice told over.

Doves-foot or Cranes-bill.

Descri-ption. THis hath divers small, round, pale, green Leaves, cut in about the edges, much like Mallows standing upon long reddish hairy stalks lying in a round compass upon the ground, among which rise up two or three, or more reddish joynted slender, weak, and hairy stalks, with some such like Leaves thereon, but smaller, and more cut in up to the tops, where grow many very small, bright, red flowers, of five Leaves apiece, after which follow small heads, with small short beaks pointing forth, as all other sorts of these herbs do.

Place. It groweth in pasture grounds, and by the path-sides in many places, and will also be in Gardens.

Time. It flowreth in June, July, and August, some earlier, and some later, and the seed is ripe quickly after.

Chollick, Stone gravel, wounds, congealed bloud, sores, ulcers, fistulaes, gout, sinews ruptures.

Virtues and use. It is found by experience to be singular good for the winde-chollick, and pains thereof as also to expell the stone and gravel in the kidneys. The Decoction thereof in Wine is an exceeding good wound-drink for those that have inward wounds, hurts, or bruises, both to stay the bleeding, to dissolve and expell the congealed bloud, and to heal the parts, as also to cleanse, and heal outward sores, ulcers, and fistulses; and for green wounds may do but bruise the Herb, and apply it to the place, and it healeth them quickly. The same Decoction in Wine fomented to any place pained with the Gout, or to joynt-aches, or pain of the sinews giveth much ease. The powder, or Decoction

coction of the herb taken for ſome time together is found by experience to be ſingular good for Ruptures, and Burſtings in people, either young or old.

Ducks-meat.

THis is ſo well known to ſtand on the top of ſtanding waters, as ponds, Pools, and Ditches, that it is needleſs further to decribe it.

Inflammations, S. Anthonies fire, peſtilent eys, ſwellings of the cods. head ach.

Virtues and Uſe. It is effectual to help inflammations, and St. Anthonies fire, as alſo the Gout, either applied by it ſelf, or in a Pultis with Barley meal. The diſtilled water hereof is by ſome highly eſteemed, againſt all inward inflammations, and peſtilent Feavers, as alſo to help the redneſs of the eys the ſwellings of the Cods, and of the breaſts before they be grown too much. The freſh herb applied to the forehead, eaſeth the pains of the head-ach coming of heat.

Cancer claims the herb, and the Moon will be Lady of it, a word is enough to a wiſe man.

Down, or Cotton-thiſtle.

Deſcription. THis hath many large Leaves lying on the ground, ſomewhat cut in, and as it were crumpled on the edges, of a green colour on the upper ſide, but covered over with a long hairy wool, or Cottony Down, ſet with moſt ſharp, and cruel pricks; from the middle of whoſe heads of flowers, thruſt forth many purpliſh crimſon threds, and ſometimes (although more ſeldom) white ones. The ſeed that followeth in theſe heads lying in a great deal of fine white Down is ſomewhat large, long, and round, like the ſeed of Ladies Thiſtle, but ſomewhat paler. The Root is great and thick, ſpreading much, yet it uſually dieth after ſeed time.

Place. It groweth on divers ditches, banks, and in the Corn fields, and High-ways generally every where throughout the Land.

Time. It flowreth and beareth ſeed about the end of Summer, when other Thiſtles do flower and ſeed.

Virtues and Uſe. Pliny and Dioſcorides write, that the Leaves and Roots hereof taken in Drink, helpeth thoſe that have a Crick in their Neck, whereby they cannot turn their Neck but their whole body muſt turn alſo (Sure they do not mean thoſe that have got a Crick in their Neck by being under the Hangmans hands.) Galen ſaith, that the Root and Leaves hereof are of a heating quality, and good for ſuch perſons as have their bodies drawn together by ſome Spaſme or Convulſion, as it is with Children that have the Rickets, or rather (as the Colledge of Phyſicians will have it) the Rachites, for which name for the diſeaſe, they have

Way neck. Spaſmes, convulſion. rickets.

(in a particular Treatise lately set forth by them) learnedly disputed; and put forth to the publick view, that the world may see, they took much pains to little purpose.

Mars owns the plant, and manifests to the world, that though it may hurt your fingers, it will help your body, for I fancy it much for the premises.

The Elder-tree.

I Hold it needless to write any description of this, sith every boy that plays with a Potgun, will not mistake another Tree instead of Elder. I shall therefore in this place onely describe the Dwarf Elder, called also Danewort, and Walewort.

The Dwarf Elder.

Descri-ption. THis is but an Herb every year dying with his stalks to the ground, and rising again afresh every Spring; and is like unto the Elders both in form and quantity, rising up with a four square, rough, hairy stalk, four foot high, or more sometimes. The winged Leaves are somewhat narrower than the Elder, but else very like them. The flowers are white with a dash of purple standing in umbels, very like the Elder also, but more sweet in scent, after which come small blackish Berries, full of juyce while they are fresh, wherein there lie small hard kernels, or seed. The Root doth creep under the upper crust of the ground, springing afresh in divers places being of the bigness of ones finger or thumb sometimes.

Places. The Elder-tree groweth in hedges, being planted there to strengthen the fences, and partitions of ground, and to hold up the banks by ditches, and water-courses.

The Dwarf Elder groweth wilde in many places of England, where being once gotten into a ground it is not easily gotten forth again.

Times. Most of the Elder-trees flower in June, and their fruit is ripe for the most part in August.

But the Dwarf Elder, or Walwort flowereth somewhat later, and his fruit is not ripe until September.

Virtues and Use. The first shoots of the common Elder boyled like Asparagus, and the young Leaves and stalks boiled in fat broth, doth mightly carry forth flegm and choller. The middle, or inner Bark boiled in water, and given to drink, worketh much more violently; and the Berries either green or dry, expell the same humours, and is often given with good success to help

Flegm. Choller.

the

the Dropſie. The Bark of the Root boiled in Wine, or the Juyce thereof drunk, worketh the ſame effects, but more powerfully than either the Leaves or fruit. The juyce of the Root taken doth mightily provoke Vomit, and purgeth the watery humours of the Dropſie. The decoction of the Root taken cureth the biting of the Adder, and biting of mad Dogs; it mollifieth the hardneſs of the Mother, if women ſit therein, and openeth the veins, and bringeth down their Courſes: the berries boiled in Wine performeth the ſame effect; and the hair of the head waſhed therewith is made black. The juyce of the green Leaves applied to the hot inflammations of the eys, aſſwageth them. The juyce of the Leaves ſtuffed up into the noſtrils purgeth the Tunicles of the brain. The juyce of the berries boiled with a little Honey, and dropped into the ears, helpeth the pains of them. The decoction of the berries in Wine being drunk provoketh urine. The deſtilled water of the flowers is of much uſe to clear the ſkin from Sun-burning, freckles, Morphew, or the like; and taketh away head-aches coming of a cold cauſe, the head being bathed therewith. The Leaves or flowers diſtilled in the moneth of May, and the legs often waſhed with the ſaid diſtilled water, it taketh away the Ulcers and ſores of them: The eys waſhed therewith, it taketh away the redneſs and bloud ſhot: and the hands waſhed morning and evening therewith helpeth the Palſie, and ſhaking of them.

dropſie,

venomous beaſts, mad dogs

Terms provoke

inflammations

brain,

Ears,

urine provoked

Sun-burning, freckles, morphew, head-ach

ulcers.

palſie

The Dwarf Elder is more powerfull than the common Elder, in opening and purging choller, flegm, and water, in helping the Gout, the Piles, and womens diſeaſes coloureth the hair black, helpeth Inflammation in the eys, and pains in the ears; the biting of Serpents, or a mad Dog, burnings and ſcaldings, the winde chollick, chollick and ſtone, the difficulty of urine, the cure of old ſores, and fiſtulous ulcers.

Gout, inflammation burning, ſcalding, chollick ſtone, diſury,

Either Leaves or Bark of Elder ſtripped upward as you gather it cauſeth vomiting, but ſtripped downward it purgeth downwards. Alſo Dr. Butler in a Manuſcript of his commends Dwarf Elder to the ſky for Dropſies, viz. to drink it being boiled in white Wine, to drink the Decoction I mean, not the Elder.

The Elm-tree.

This tree is ſo well known growing generally in all Countries of this Land; that it is needleſs to deſcribe it.

Virtues and Uſe. The Leaves hereof bruiſed, and applied healeth green wounds being bound thereon with its own Bark: the Leaves or the Bark uſed with

wounds,

Scurf, Leprosie, Vineger, cureth Scurf, and Lepry very effectually: the decoction of the Leaves, Bark, or Root, being bathed, healeth broken bones. The water that is found in the bladders on the Leaves, while it is fresh, is very effectual to cleanse the skin and make it fair: and if cloaths being often wet therein and applied to the ruptures of Children it helpeth them; if they be after well bound up with a truss. The said water put into a glass, and set in the ground, or else in dung, for twenty five days, the mouth thereof being close stopped; and the bottom set upon a lay of ordinary Salt, that the feces may settle, and the water become very clear, is a singular and sovereign balm for green wounds, being used with soft tents: the decoction of the Bark of the Root fomented mollifieth hard tumors, and the shrinking of the sinews. The Roots of the Elm boyled for a long time in water, and the fat rising on the top thereof being clean scummed off, and the place anointed therewith that is grown bald, and the hair fallen away, will quickly restore them again. The said Bark ground with brine and pickle untill it come to the form of a Pultis, and laid on the place pained with the Gout, giveth great ease. The Decoction of the Bark in water is excellent to bath such place as have burned with fire.

beauty, ruptures, swellings, baldness, Gout, burning.

Endive.

Descri-ption. THe common garden Endive beareth a longer and a larger Leaf than Succory, and abideth but one year, quickly running up to stalk and seed, and then perisheth: it hath blue flowers, and the seed of the ordinary Endive is so like Succory seed, that it is hard to distinguish them.

Virtues and Use. The decoction of the Leaves, or the juyce, or the distilled water of Endive serveth well to cool the excessive heat in the Liver and stomach, and in the hot fits of Agues, and all other Inflammations in any part of the body; it cooleth the heat and sharpness of the Urine, and the excoriations in the uritory parts: the seed is of the same property, or rather more powerfull, and besides is available for the faintings, swownings, and passions of the heart. Outwardly applied they serve to temper the sharp humours of fretting Ulcers, hot tumours and swellings, and pestilential sores; and wonderfully helpeth not onely the redness and Inflammation in the eys, but the dimness of the sight also; they are used also to allay the pains of the Gout.

Liver, Stomach, Agues, sharpness of Urine, and excoriations there by, passions of the heart, Ulcers, swellings, Eys, Gout.

You cannot use it amiss, a Syrup of it is a fine cooling medicine for Feavers.

Elecam-

Elecampane

Descri-ption. THis shooteth forth many large Leaves, long, and broad, lying near the ground, small at both ends, somewhat soft in handling, of a whitish green on the upper side, and gray underneath each set upon a short footstalk; from among which rise up divers great and strong hairy stalks, three or four foot high with some Leaves thereon compassing them about at the lower ends, and are branched towards the tops, bearing divers great and large flowers like those of the Corn Marigold, both the border of Leaves and the middle thrum being yellow, which turn into Doun; with long small brownish seed among it, and is carried away with the winde. The Root is great and thick, branched forth divers ways, blackish on the outside, and white within, of a very bitter taste, and strong, but good scent, especially when they are dried, no part else of the plant having any smell.

Place. It groweth in the moist grounds, and shadowy places ofner than in the dry and open borders of fields and lanes, and in other waste places almost in every County of this Land.

Time. It flowreth in the end of June and July, and the seed is ripe in August; the Roots are gathered for use, as well in the Spring before the Leaves come forth as in Autumn or Winter.

Virtues and Use. The fresh Roots of Elecampane preserved with Sugar, or made into a Syrup or Conserve, are very effectual to warm a cold and windy stomach, or the pricking therein, and stitches in the sides caused by the Spleen; and to help the Cough, shortness of breath, and wheesing in the Lungs. The dried Root made into pouder, and mixed with Sugar and taken, conserveth to the same purposes, and is also profitable for those that have their urine stopped; or the stopping of womens Courses, the pains of the Mother, and of the stone in the reins, kidneys, or bladder: it resisteth poyson, and stayeth the spreading of the venom of Serpents, as also of putrid and pestilential Feavers, and the Plague it self. The Roots and herb beaten and put into new Ale or Beer, and dayly drunk, cleareth, strengthneth, and quickneth the sight of the eys wonderfully. The decoction of the Roots in Wine, or the juyce taken therein, killeth and driveth forth all manner of Worms in the belly, stomach and maw; and gargled in the mouth; or the Root chewed fastneth loose teeth, and helpeth to keep them from putrefaction: and being drunk is good for those that spit bloud, helpeth to remove Cramps or convulsions, and the pains of the Gout the Sciatica, the looseness and pains in the joynts, or those members that are out of joynt, by cold or moisture happning to them, applied outwardly as well as inwardly, and is good for those that are burstten, or have any inward bruise. The Roots boiled well in Vineger, beaten afterwards and made

cold, stomach, winde, stitch, spleen, cough, shortness of breath, wheesing, torms, provokes, mother, stone, poyson, venomous beasts, pestilence, Eys, worms, loose teeth, spitting bloud, cramps, convulsions, gout, joynts, sciatica.

into

into an Oyntment, with Hogs Suet, or Oyl of Trotters, is an excellent remedy for Scabs, or Itch, in young, or old: the places also bathed, or washed with the decoction doth the same; it also helpeth all sorts of filthy, old, putrid sores or Cankers wheresoever. In the Roots of this Herb lieth the chief effect for all the remedies aforesaid: the distilled water of the Leaves and Roots together is very profitable to cleanse the skin of the face, or other parts, from any morphew, spots, or blemishes therein, and maketh it clear.

Cankers,

Freckles, morphew, Spots.

Eringo, or Sea-Holly.

Descri-ption. THe first Leaves of our ordinary Sea-Holly, are nothing so hard and prickly as when they grow old, being almost round, and deeply dented about the edges; hard, and sharp pointed, and a little crumpled, of a bluish green colour, every one upon a long foot-stalk: but those that grow up higher with the stalk, do as it were compass it about. The stalk it self is round and strong, yet somewhat crested with joynts and Leaves set thereat, but more divided, sharp, and prickle; and branches rising from thence, which have likewise other smaller branches, each of them bearing several bluish, round prickly heads, with many small jagged prickly Leaves under them standing like a star, and are sometimes found greenish or whitish: the Root groweth wonderfull long, even to eight or ten foot in length, set with rings, or circles toward the upper part, but smooth and without joynts down lower, brownish on the outside, and very white within, with a pith in the middle, of a pleasant taste, but much more being artificially preserved and candied with Sugar.

Place. It is found about the Sea-coasts, in almost every Countrey of this Land, which bordereth upon the Sea.

Time. It flowereth in the end of Summer, and giveth ripe seed within a moneth after.

Obstructions, Spleen, Liver, yellow jaundice, Dropsie, cholicks, dysury, strangury Reins, French Pox, Kings Evil, venomous beasts.

Virtues and Use. The decoction of the Root hereof in Wine is very effectual to open the Obstructions of the Spleen and Liver, and helpeth the yellow Jaundice, the Dropsie, the pains in the Loins, and windecholick, provoketh Urine, and expelleth the stone and procureth womens Courses; the continued use of the decoction for fifteen days, taken fasting, and next to bedward, doth help the strangury, the pissing by drops, the stopping of Urine and stone, and all the defects of Reins, or Kidneys; and if the said drink be continued longer, it is said that it perfectly cureth the stone, and that experience hath found it so: it is found good against the French Pox. The Roots bruised and applied outwardly, helpeth the kernels of the Throat, commonly called the Kings evil; or taken inwardly and applied to the place stung, or bitten by any Serpent, healeth

healeth it ſpeedily. If the Roots be bruiſed and boiled in old Hogs greaſe, or ſalted Lard, and applied to broken bones, thorns &c. remaining in the fleſh, doth not onely draw them forth, but healeth up the place again, gathering new fleſh where it was conſumed: the juyce of the Leaves dropped into ears, helpeth impoſthumes therein: the diſtilled water of the whole herb when the Leaves and ſtalks are young, is profitably drunk for all the purpoſes aforeſaid; and helpeth the melancholly of the heart, and is available in quartan and quotidian Agues, as alſo for them that have their necks drawn awry, and cannot turn them, without turning their whole body.

Broken bones, ſplinters, thorns, Impoſthumes, melancholly, quartan and quotidian agues, wry neck.

The plant is venerial, and breedeth ſeed exceedingly, and ſtrengthens the ſpirit procreative, it is hot and moiſt, and under the celeſtial balance.

ſeed breedeth.

Eyebright.

Deſcription. THe common Eyebright is a ſmall low herb, riſing up uſually but with one blackiſh green ſtalk a ſpan high, or not much more, ſpread from the bottom into ſundry branches, whereon are ſet ſmall and almoſt round, yet pointed dark, green Leaves finely ſnipped about the edges, two always ſet together, and very thick: at the joynts with the Leaves from the middle upward, come forth ſmall white flowers ſtriped with Purple and yellow ſpots or ſtripes, after which follow ſmall round heads with very ſmall ſeed therein: the Root is long, ſmall, and threddy at the end.

Place. It groweth in many meadows, and graſſie places in this Land.

Virtues and Uſe. If this herb were but as much uſed as it is neglected, it would half ſpoil the ſpectacle-makers Trade; and a man would think that reaſon ſhould teach people to prefer the preſervation of their natural before artificial ſpectacles: which that they may be inſtructed how to do, take the virtues of Eyebright as followeth.

The juyce or diſtilled water of Eyebright taken inwardly in white wine or broth, or dropped into the eys for divers days together, helpeth all infirmities of the eys that cauſe dimneſs of ſight: ſome make a Conſerve of the flowers to the ſame effect: being uſed any of theſe ways; it alſo helpeth a weak brain or memory. This ſtamped up with ſtrong Beer that it may work together, and drunk; or the powder of the dried herb mixed with Sugar, a little Mace and Fennel-ſeeds, and drunk or eaten in broth: or the ſaid powder made into an Electuary with Sugar and taken, hath the ſame powerfull effect to help and reſtore the ſight decayed through age. And Arnoldus de villa nova in his *Rubi* hath reſtored ſight to them that have been blinde a long time before.

Eys, dimneſs, brain, Memory.

It is under the sign of the Lion, and Sol claims dominion over it.

Fern.

Descri-ption. OF this there are two kindes principally to be noted, viz. The Male and Female; the Female groweth higher than the Male, but the Leaves thereof are lesser, and more divided or dented: and of as strong a smell as the Male, the virtues of them are both alike; and therefore I shall not trouble you with any further description or distinction of them.

Place. They both grow on Heaths, and in shady places near the Hedg-sides in all Countries of this Land.

Time. They flourish and give their seed at Mid-summer.

The female Fern is that plant which is in Suffex called Braker, the seed of which some Authours hold to be so rare, such a thing there is I know, and may easily be had upon Mid-summer Eve, and for ought yet I know, two or three days before or after, if not more.

worms, spleen, flegm, choller, stomach, wounds

Virtues and Use. The Roots of both these sorts of Ferns, being bruised or boiled in Mead or Honyed water and drunk killeth both the broad and long worms in the body; and abateth the swelling and hardness of the Spleen. The green Leaves eaten, purgeth the belly of choller ick, and watrish humours, but it troubles the stomach. They are dangerous for women with childe to meddle with, by reason they cause abortment. The Roots bruised and boiled in Oyl or Hogs grease, maketh a very profitable Ointment to heal wounds, or pricks gotten into the flesh. The pouder of them used in some ulcers, drieth up their malignant moisture, and causeth their speedier healing: Fern being burned, the smoke thereof driveth away Serpents, Gnats, and other noysom creatures, which in the Fenny Countries do in the night-time trouble and molest people lying in their beds with their faces uncovered, it causeth barrenness.

ulcers, Serpents, Gnats, venemous beasts.

Osmond Royal, or Water Fern.

Descri-ption. THis shooteth forth in the Spring-time (for in the Winter the Leaves perish) divers rough hard stalks, half-round and hollowish, or flat on the other side, two foot high, having divers branches of winged yellowish green Leaves on all sides, set one against another, longer, narrower, and not nicked on the edges as the former: from the top of some of these stalks grow forth a long bush of small, and more yellowish, green scaly aglets as it were set in the same manner on the stalks as the Leaves are, which are accounted the flower and seeds; the root is rough, thick, and

and scaly, with a white pith in the middle which is called the heart thereof.

Place. It groweth on Moors, Bogs, and watery places in many parts of this Land.

Time. It is green all the summer; and the Root onely abideth in Winter.

Virtues and Use. This hath all the virtues mentioned in the former Ferns and is much more effectual than they both for inward and outward griefs; and is accounted singular good in wounds, bruises, or the like, the decoction to be drunk, or boiled into an Oliatment or Oyl, as a Balsom or Balm, and so it is singular good against bruises, and bones broken or out of joynt, and giveth much ease to the Chollick, and splenetick diseases; as also for Ruptures or burstings. The decoction of the root in white wine provokes urine exceedingly, and cleanseth the Bladder and passages of the Urine.

wounds, bruises, broken bones, chollicks, spleen, ruptures, disury.

Featherfew.

Descript. Common Featherfew hath many large, fresh, green Leaves, very much torn or cut on the edges: the stalks are hard, and round set with many such like Leaves, but somewhat smaller, and at the tops stand many single flowers upon severall small footstalks, consisting of many small white Leaves, standing round about a yellow thrum in the middle. The Root is somewhat hard and short, with many strong fibres at it: the scent of the whole plant is very strong, and stuffing, and the taste very bitter.

Place. This groweth wilde in some places of this Land; but it is for the most part nourished in Gardens.

Time. It flowreth in the moneths of June and July.

Virtues and Use. It is chiefly used for the diseases of the Mother, whether it be the strangling or rising of the Mother, or hardness, or inflammations of the same, applied outwardly thereunto: or a decoction of the flowers in wine with a little Nutmeg or Mace put therein, and drunk often in a day, and is an approved remedy to bring down womens Courses speedily, and helpeth to expell the dead birth and afterbirth. For a woman to sit over the hot fumes of the Decoction of the herb made in water or wine is effectual also for the same; and in some cases to apply the boiled herb warm to the privy parts. The decoction thereof made, with some Sugar or Honey put thereto, is used by many with good success, to help the Cough, or stuffing of the Chest by cold, as also to cleanse the Reins and Bladder, and help to expell the stone in them. The pouder of the herb taken in wine, with some Oximel purgeth both choller and flegm, and is available for those that are short winded; and are troubled with

Mother, womb, terms provoked, dead birth, after-birth, cough, reins, bladder, choller, flegm,

Melancholly, sadness, headach, Vertigo.

Melancholly and heavineſs, or ſadneſs of the Spirit. It is very effectual for all pains in the head coming of a cold cauſe, the Herb being bruiſed, and applied to the crown of the head; as alſo for a Vertigo, that is a turning, or ſwimming in the head. The Decoction thereof drunk warm, and the Herb bruiſed with a few corns of Bay ſalt, and applied to the wriſts before the coming of the Ague fits, doth take them away. The diſtilled water taketh away Freckles, and other Spots and Deformities in the face. The herb bruiſed and heated on a Tyle, with ſome wine to moiſten it; or fried with a little wine and Oyl in a frying-pan, and applied warm outwardly to the places, helpeth the winde and Chollick in the lower part of the belly; It is an eſpecial remedy againſt Opium taken too liberally.

Ague, Deformity of the skin, Wind. Chollicks Opium.

Venus commands the Herb, and hath commanded it to ſuccour her Siſters (Women) and to be a general ſtrengthner of their Wombs, and remedy ſuch infirmities, as a careleſs Midwife hath there cauſed, if they will be but pleaſed to make uſe of her Herb boiled in white Wine, and drink the Decoction. It cleanſeth the Womb, expelleth the Afterbirth, doth the Woman all the good ſhe can deſire of an Herb. And if any grumble becauſe they cannot get the Herb in Winter, tell them if they pleaſe they may make a Syrup of it in Summer.

Fennel.

EVery Garden affordeth this ſo plentifully, that it needeth no deſcription.

Winde, Diſury, Stone, increaſeth milk, Amends Milk. Hiccough Loathing of meat, venomous Beaſts, Poiſon, Muſhroms, Obſtructions in the Liver, ſpleen, and Gall, yellow Jaundice

Virtues and Uſe. Fennel is good to break winde, to provoke Urine, and eaſe the pains of the Stone, and help to break it. The Leaves or Seed boiled in Barley-water and drunk is good for Nurſes to increaſe their Milk, and make it more wholſom for the Childe: The Leaves, or rather the ſeed boiled in water ſtayeth the Hiccough, and taketh away that loathing which oftentimes happeneth to the ſtomachs of ſick and Feaverish Perſons, and allayeth the heat thereof. The ſeed boiled in Wine, and drunk is good for thoſe that are bitten by Serpents, or have eaten poyſonfull Herbs or Muſhroms: The ſeed and the root much more helpeth to open Obſtructions of the Liver, ſpleen, and Gall, and thereby helpeth the painfull and windy ſwellings of the ſpleen, and the yellow Jaundice, as alſo the Gout and Cramps. The ſeed is of good uſe in Medicines to help ſhortneſs of breath, and wheeſing by ſtopping of the Lungs. It helpeth alſo to bring down the Courſes, and to cleanſe the parts after delivery. The Roots are of moſt uſe in Phyſick, drinks & Broths that are taken to cleanſe the bloud, to open Obſtructions of the Liver, to provoke Urine, and amend the ill colour in the Face after ſickneſs, and to cauſe a good habit through the body: Both Leaves, ſeeds, and Roots hereof are much uſed in drinks, or Broths, to make people more ſpare

and

and lean that are too far. The distilled water of the whole Herb, or the condensate juice dissolved; but especially the natural juyce that in hot Countries issueth out thereof, of its own accord, dropped into the eys, cleareth them from mists and films that hinder the sight. The sweet Fennel is much weaker in Physical use, than the common Fennel. The wilde Fennel is stronger and hotter than the tame, and therefore most powerfull against the stone, but not so effectual to increase Milk because of its drines.

Gout, Cramp, wheesing, Terms provoked, After delivery, cleanse, open fastness, Eys.

One good old fashion is not yet quite left off, viz. To boil Fennel with fish, for it consumes that flegmatick humour which fish most plentifully afford and annoy the body by, therefore it is a most fit Herb for that purpose, though few that use it know why, or wherefore they do it, I suppose the reason of its benefit this way is, because it is an Herb of Mercury, and under Virgo, and therefore bears Antipathy to Pisces. Dill is also an Herb of Mercury, which I forgot to certifie you of before.

Sow-Fennel, or Hogs-Fennel.

Description. THe common Sow-Fennel hath divers branched stalks, of thick and somewhat long leaves, three for the most part joyned together at a place, among which riseth a crested straight stalk, less than Fennel, with some joynts therein and leaves growing thereat and toward the top some branches issuing from thence, likewise on the tops of the stalk and branches stand divers tufts of yellow flowers, where after grow somewhat flat, thin, and yellowish seed bigger than Fennel seed: The Root groweth great and deep with many other parts and fibres about them, of a strong scent like hot brimstone, and yielding forth a yellowish Milk, or clammy juyce almost like a Gum.

Place. It groweth plentifully in the salt low Marshes near by Feversham in Kent.

Time. It flowreth and seedeth in July and August.

Lethargy, Frenzies, Vertigo, Falling-sickness, headache, Palsey, Sciatica, cramp, sinews, shortness of breath, winde, spleen, childbirth, Reins, Bladder

Virtues and Use. The juyce of Sow Fennel (saith Dioscorides and Galen) used with Vineger and Rose-water, or the juyce with a little Euphorbium put to the Nose, helpeth those that are troubled with the Lethargy, the frensie, the turning, or giddiness of the head, the Falling-sickness, long and invererate Headach, the Palsie, Sciatica, and the Cramp, and generally all the diseases of the sinews, used with Oil and Vineger. The juyce dissolved in wine, or put into an Egg, is good for the Cough, or shortness of breath, and for those that are troubled with the winde in the body; it purgeth the belly gently, helpeth the hardness of the spleen, giveth ease to women that have sore travail in Child-birth, and easeth the pains of the Reins and Bladder, and also of the Womb. A little of the juyce dissolved in Wine and dropped into the ears, easeth

VVomb, Ears, Hollow Teeth, Ulcers, broken Bones, Thorns, wounds.

much of the pains in them; and put into an hollow Tooth, easeth the pain thereof. The Root is less effectual in all the aforesaid diseases: yet in the pouder of the Root cleanseth foul Ulcers being put into them; and taketh out splinters of broken bones, or other things in the flesh, and healeth them perfectly, as also it drieth up old or inveterate running sores, and is of admirable virtue in all green wounds.

Fig-wort, or Throat-wort.

Deseri-ption

THe common great Fig-wort sendeth forth divers great, strong, hard, square, brown stalks three, or four foot high, wherein grow large, hard, and dark green Leaves, two at a joynt, which are larger and harder than Nettle leaves, but not stinging: At the tops of the stalks stand many purple flowers set in Husks, which are somewhat gaping and open, somewhat like those of Water-Betony; after which come hard round heads, with a small point in the middle, wherein lye small browish seed. The Root is great, white and thick, with many branches at it, growing aslope under the upper crust of the ground, which abideth many years, but keepeth not his green leaves in Winter.

Place. It groweth frequently in moist and shadowy Woods, and in the lower parts of fields and Meadows.

Time. It flowereth about July, and the seed will be ripe about a moneth after the flowers are fallen.

Virtues and Use. The decoction of the Herb taken inwardly, and the bruised Herb applied outwardly, dissolveth clotted, or congealed bloud within the body, coming by any wound, bruise, or fall; and is no less effectual for the Kings Evil, or any other knots, kernels, bunches, or Wens growing in the flesh whersoever, and for the Hemorrhoids, or Piles, or other knobs, or kernels which sometimes grow about the Fundament: An Ointment made thereof, may be used at all times when the fresh Herb is not to be had. The distilled water of the whole Plant, Roots, and all is used for the same purposes, and drieth up the superfluous virulent moisture of hollow and corroding Ulcers; It taketh away all redness, spots, and freckles in the face, as also the scurf, or any foul deformity therein, and the Leprosie likewise.

Congealed bloud, by wounds Bruise or Fall, Kings Evil, VVens, Hemorrhoids, Fundament, Ulcers, scurf, spots, freckles, deformity, Leprosie.

Some Latin Authours call it Cervicria, because it is appropriated to the Neck, and we Throat-wort, because it is appropriated to the Throat: Venus owns the Herb, and the Celestial Bull will not deny it, therefore a better remedy cannot be for the Kings Evil, because the Moon that rules the disease is exalted there: nor for any disease in the Neck, the rest of the diseases specified, you may if you look, see a very good reason for their cure by this Herb.

Fill-

Filipendula, or Dropwort.

Deſcription. THis ſendeth forth many leaves ſome bigger, ſome leſſer, ſet on each ſide of a middle rib, and each of them dented about the edges, ſomewhat reſembling wilde Tanſie, or rather Agrimony, but harder in handling, among which riſeth up one, or more ſtalks two, or three foot high, with like leaves growing thereon, and ſometimes alſo divided into other branches, ſpreading at the top into many white ſweet ſmelling flowers, conſiſting of five leaves a piece with ſome threds in the middle of them ſtanding together in a tuft, or Umbel, each upon a ſmall Footſtalk, which after they have been open and blown a good while do fall away, and in their places appear ſmall, round chaffy heads like buttons, wherein are the chaffy ſeed ſet and placed The Root conſiſts of many ſmall black tuberous pieces, faſtned together by many ſmall long blackiſh ſtrings, which run from one to another

Place. It groweth in many places of this Land, in the corners of dry fields and Meadows, and their hedg-ſides

Time. They flower in June and July, and their ſeed is ripe in Auguſt.

Vertues and Uſe. It is very effectual to open the paſſages of the Urine, and help the ſtrangury, and all other pains of the Bladder and Reins, helping mightily to expell the ſtone in the Kidnies, or Bladder, and the Gravel alſo, and theſe are done by taking the Roots in pouder, or a decoction of them in white wine, whereunto a little Honey is added: The ſame alſo helpeth to expell the After-birth. The Roots made into pouder, and mixed with Honey into the form of an Electuary doth much help them whoſe ſtomachs are ſwollen, diſſolving and breaking the winde, which was the cauſe thereof; and is alſo very effectual for all diſeaſes of the Lungs, as ſhortneſs of breath, wheefings, hoarſneſs of the Throat, and the Cough, and to expectorate cold flegm, or any other parts thereabouts.

Diſury, Strangury, Reins, Bladders Stone, Gravel, Winde, Lungs, wheefing, Hoarſneſs, cough, flegm.

It is called Dropwort, becauſe it helps ſuch as piſs by drops

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The Yellow Water Flag, or Flower-de luce.

Deſcription. THis groweth like the Flower-de luces, but it hath much longer, and narrower ſad green leaves joyned together in that faſhion; the ſtalk alſo groweth oftentimes as high, bearing ſmall yellow flowers, ſhaped like the Flower-de-luce, with three falling leaves, and other three arched that cover their bottoms; but inſtead of the three upright leaves, as the Flower-de luce hath, this hath onely three ſhort pieces ſtanding in their places, after which ſucceed thick and

long three square heads, containing in each par some-what big, and flat seed like to those of the Flower de-luces: The Root is long and slender, of a pale brow-nish colour on the outside, and of a Hore flesh colour on the inner side, with many hard fibres thereat, and very harsh in taste.

Place. It usually groweth in watery ditches Ponds, Lakes, and More-sides, which are always overflown with water.

Time. It flowereth in July, and the seed is ripe in August.

Binds, cools dries, Flux, bloody Flux bleeding, Terms, flops, Eys, Spots. blemishes. Inflam mations. Sore breasts, cankers, Ulcers, Noli me tangere.

Vertues and Use. The Root of this Water-Flag is very astringent, cooling, and drying, and thereby bindeth all Lasks and Fluxes, whether of bloud, or humours, as bleeding at Mouth, Nose, or other parts, bloudy Fluxes, and the immoderate flux of Womens Courses. The distilled water of the whole Herb, flowers, and Roots is a Sovereign good remedy for watering eys, both to be dropped into them, and to have Cloaths, or Spunges wetted therein and applied to the Forehead; It also helpeth the spots, or blemishes that happen in, or about the eys, or in any other parts: The said water fomented on swellings, and hot inflammations of Womens sore Breasts, upon Cankers also, and those spreading Ulcers called Noli me Tangere, doth much good; It helpeth also foul Ulcers in the privy parts of man or woman, or elsewhere An Ointment made of the flowers is better for these external applications.

Take notice that the Moon rules the plant, and then I have done.

Flaxweed, or Toadflax.

Description. Our common Flaxweed hath divers stalks full fraught with long and narrow blue, or Ash-coloured leaves, and from the middle of them almost upward stored with a number of pale yellow flowers, of a strong unpleasant scent, with deeper yellow mouths, and blackish flat seeds in round heads The Root is somewhat woody and white, especially the main downright one, with many fibres, abiding many years, shooting forth Roots every way round about, and new branches every year.

Linaria. Linaria dicta a linea, from the slenderness of its stalks.

Place. This groweth throughout this Land, both by the way-sides in Meadows as also by hedg sides, and upon the sides of banks and borders of fields.

Time. It flowreth in Summer, and the seed is ripe usually before the end of August.

Difficulty, Dropsie, Obstruction of the liver.

Vertues and Use. This is frequently used to provoke Urine, being stopped, and to spend the abundance of those watery humours by Urine, which cause the Dropsie. The decoction of the Herb both leaves and flowers in Wine, taken and drunk, doth somewhat move the belly downwards, openeth obstructions of the Li-

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ver, and helpeth the yellow Jaundice, expelleth Poison, provoketh Womens Courses, driveth forth the dead Childe, & After-birth. The distilled water of the Herb and flowers is effectual for all the same purposes especially being drunk with a dram of the pouder of the Seeds, or Bark of the Root of Walwort, and a little Cinnamon for certain days together, is held a singular remedy for the Dropsie: The juyce of the Herb, or the distilled water dropped into the Eys, is a certain remedy for all heat, inflammations, and redness in them. The juyce, or water put into foul Ulcers, whither they be Cancerous, or Fistulous, with tents rouled therein, or the parts washed, or injected therewith cleanseth them throughly from the bottom, and healeth them up safely. The same juyce or water also cleanseth the skin wonderfully of all sorts of deformity thereof, as Lepry, Morphew, Scurff, Wheals, Pimples, or any other spots, or Mirks in the skin, applied of it self, or used with some pouder of Lupines.

Yellow Jaundice, Dead child and After-birth, Inflammations, Eys, ulcers, Cancers, Fistulaes, Leprosie, Scabs, Pimples, Freckles.

Mars owns the Herb, in Sussex we call it Gall-wort, and lay it in our Chickens water, to cure them of the Gall, I think I am sure it relieves them when they are drooping.

Fleawort.

Descript. THe ordinary Fleawort riseth up with a Stalk two foot high, or more, full of joynts and branches on every side up to the top, at every joynt two small long and narrow whitish green leaves, somewhat hairy: At the tops of every branch stand divers small short scaly, or chaffy heads, out of which come forth small whitish yellow threds, like to those of the Plantane Herbs, which are the bloomings, or owners. The Seed inclosed in those heads, is small and shining while it is fresh very like unto fleas, both for colour and bigness, but turning black when it groweth old. The Root is not long but white, hard, and woody, perishing every year, and rising again of its own Seed for divers years, if it be suffered to shed: The whole Plant is somewhat whitish and hairy, smelling somewhat like Roxin.

There is another sort hereof differing not from the former in the manner of growing, but onely that his Stalk and branches being somewhat greater do a little more bow down to the ground: The leaves are somewhat larger, the heads somewhat lesser, the Seed like; and the Root and leaves abide all the Winter, and perish not as the former.

Place. The first groweth onely in Gardens, the second plentifully in fields that are near the Sea.

Time. They flower in July, or thereabouts

Virtues and Use. The seed fried, and so taken stayeth the Flux, or Lask of the belly, and the corrosions that come by reason of hot, Cholerick, sharp, and

Flux, corrosions.

Choller. ick humours, agues feavers, Inflammation, thirst, hoarsness salt humours, plurisie, Hemorrhoids, head-ach, megrim, impostumes, blains, wheals, pushes, purples Gout, joynts sciatica, nipples, sore breasts, ears worms, ulcers.

malignant humours or by the too much purging of any violent medicine, as Scammony, or the like. The Mucilage of the seed made with Rose water, and a little Sugar Candy put thereto is very good in all hot Agues and burning Feavers, and other Inflammations to cool the thirst, and lenifie the dryness and roughness of the tongue and throat. It helpeth also hoarseness of the voice, and diseases of the breast and lungs caused by heat, or sharp salt humours and the Plurisie also. The Mucilage of the seed made in Plantane water, whereunto the yolk of an egg or two, and a little Populeon is put, is a most safe and sure remedy to ease the sharpness, pricklings, and pains of the Hemorrhoids or Piles, if it be laid on a cloath and bound thereto. It helpeth also all Inflammations in any parts of the body, and the pains that come thereby, as the head-ach and Megrim, and all hot impostumes or swellings, or breakings out of the skin, as blains, wheals, pushes, purples, and the like; as also the pains of the joynts and of those that are out of joynt, the pains of the Gout, and Sciatica, the bursting of young children, and the swelling of the Navel, applied with Oyl of Roses and Vineger. It is also very good to heal the Nipples and sore breasts of women being often applied thereunto. The juyce of the herb with a little Honey put into the Ears helpeth the running of them, and the worms breeding in them: the same also mixed with Hogs grease, and applied to corrupt and filthy Ulcers and sores, cleanseth and healeth them.

The herb is cold and dry. Saturnine; I suppose it obtained the name Fleawort because the seeds are so like Fleas.

Sophia Chirurgorum.

Flixweed.

Descri. THis riseth up with a round upright hard stalk
ption. four or five foot high, spread into sundry branches, whereon grow many grayish green leaves very finely cut and severed into a number of short and almost round parts. The flowers are very small and yellow growing spike-fashion, after which come very small long Pods, with very small yellowish seed in them. The Root is long and woody perishing every year.

There is another sort differing in nothing save onely it hath somewhat broader Leaves: they have a strong evil savour being smelt unto, and are of a drying taste.

Place. They grow wilde in the fields by hedg-sides, and high-ways, and among rubbish, and in many other places.

flux, bleeding.

Time. They flower and seed quickly after, namely in June and July.

Virtues and Use. Both the herb and seed of Flixweed is of excellent use to stay the flux or Lask of the belly

belly being drunk in water, wherein gads of ſteel heated have been often quenched: and is no leſs effectual for the ſaid purpoſe than Plantane or Comfry and to reſtrain any other flux of bloud in man or woman; as alſo to conſolidate bones broken or out of joynt. The juyce thereof drunk in Wine, or the decoction of the herb drunk, doth kill the worms in the ſtomach or belly; or the worms that grow in putrid and filthy ulcers; and made into a Salve doth quickly heal all old ſores, how foul or malignant ſoever they be. The diſtilled water of the herb worketh the ſame effects although ſomewhat weaker, yet is a fair medicine, and more acceptable to be taken.

bloudy flux, Terms ſtops, broken bones, members diſjointed, worms, ſores, ulcers.

It is called Flixweed becauſe it cures the Flux, and for its uniting broken bones, &c. Paracelſus extols it to the ſkies. It is fitting Syrups, Ointments, and Plaiſters of it were kept in your houſes.

Flower-de-luce.

Deſcription. THis is ſo well known being nurſed up in moſt Gardens, that I ſhall not need to ſpend time in writing a deſcription thereof.

Time. The flaggy kindes thereof have the moſt phyſica uſes; the Dwarf kindes thereof flower in April, the greater ſorts in May.

Virtues and Uſe. The juyce or decoction of the green Roots of the flaggy kinde of flower-de-luce, with a little Honey drunk, doth purge and cleanſe the ſtomach of groſs and tough flegm and choller therein: it helpeth the Jaundice and the Dropſie, by evacuating thoſe humours both upwards and downwards, and becauſe it ſomewhat hurteth the ſtomach, is not to be taken but with Honey and Spickenard. The ſame being drunk doth eaſe the pains and torments of the belly and ſides, the ſhaking of Agues, the diſeaſes of the Liver and Spleen, the worms in the belly, the ſtone in the reins, Convulſions or Cramps that come of cold humours, it alſo helpeth thoſe whoſe ſeed paſſeth from them unawares; it is a remedy againſt the bitings and ſtingings of venomous creatures being boiled in water and Vineger and drunk: being boiled in wine and drunk it provoketh urine, helpeth the Chollick, bringeth down womens Courſes; and made up into a Peſſary with Honey, and put up into the body, draweth forth the dead childe. It is much commended againſt the Cough to expectorate tough flegm; it much eaſeth pains in the head, and procureth ſleep: being put into the noſtrils it procureth ſneezing, and thereby purgeth the head of flegm: the juyce of the Root applied to the Piles or Hemorrhoids giveth much eaſe. The decoction of the Roots gargled in the mouth eaſeth the tooth-ach, and helpeth a ſtinking breath. The Oyl called Oleum Irinum, if it be rightly made of the great broad flag Flower-de-luce (and not of the great

Stomach, flegm, choller jaundice, dropſie, belly, ſides, agues, Liver, Spleen, ſtone, convulſion, cramp, venomous beaſts diſeaſes, chollick, terms provoked, cough, ſneezing, hemorrhoids, tooth-ach

Bul-

Bulbous blue Flower-de-luce as is used by some Apothecaries) and the Roots of the same of the flaggy kindes is very effectual to warm and comfort all cold joynts and sinews, as also the Gout and Sciatica, and mollifieth, dissolveth, and consumeth tumours or swellings in any part of the body, as also of the matrix: it helpeth the Cramp, and Convulsion of the sinews: the head and temples anointed therewith helpeth the Cataract or thin Rheum distilling from thence; and used upon the breast or stomach, helpeth to extenuate the cold tough flegm. It helpeth also the pains and noise in the ears, and the stench of the nostrils. The Root it self either green or in pouder helpeth to cleanse, heal, and incarnate wounds, and to cover the naked bones with flesh again that Ulcers have made bare; and is also very good to cleanse and heal up fistulaes and Cankers that are hard to be cured.

Joints, sinews, Gout, Sciatica, womb, rheum, breast, wounds, ulcers, fistulaes, cankers.

Fluellin.

Descri. THis shooteth forth many long branches parption. ly lying upon the ground, and part standing upright, set with almost round leaves, yet a little pointed, and sometimes more long than round, without order thereon, somewhat hoary, and of an evil greenish white colour; at the joynts all along the stalks, and with the leaves come forth small flowers one at a place, upon a very small short foot-stalk, gaping somewhat like Snap-dragon, or rather like Toad flax, with the upper jaw of a yellow colour, and the lower of a purplish, with a small heel or spur behinde, after which come small round heads, containing small black seed. The Root is small and threddy, dying every year, and raiseth it self again on its own sowing

There is another sort of Fluellin which hath longer branches, wholly trailing upon the ground two or three foot long, and sometimes more, thinner set with Leaves thereon, upon small foot-stalks: the Leaves are a little larger, and somewhat round, and cornered sometimes in some places on the edges; but the lower part of them being the broadest, hath on each side a small point, making it seem as if they were ears, somewhat hairy, but not hoary, and of a better green colour than the former, the flowers come forth like the former, but the colours therein are more white than yellow, and the purple not so fair, it is a larger flower, and so are the seed and seed vessels; the Root is like the other, and perisheth every year.

Place. They grow in divers Corn-fields, and in borders about them, and in other fertile grounds, about Southfleet in Kent abundantly, at Buckworth, Hamerton, and Richwerth in Huntingtonshire, and in divers other places.

Time. They are in flower about June and July, and the

the whole plant is dry and withered before August be done.

Virtues and Use. The Leaves bruised and applied with Barley-meal to watering eys that are hot and inflamed by defluxions from the head, doth very much help them, as also the fluxes of bloud or humours, as the Lask, bloudy flux, womens Courses, and stayeth all manner of bleeding at nose, mouth, or any other place, or that cometh by any bruise, or hurt, or bursting a vein; and wonderfully it helpeth all those inward parts that need consolidating or strengthning: and is no less effectual both to heal and close green wounds, as to cleanse or heal all foul or old ulcers, fretting or spreading Cankers, or the like.

Eys flux, bloudy flux, womens flops, wounds, ulcers, cankers.

Bees are industrious, and go abroad to gather Honey from each plant and flower, but Drones lie at home, and eat up what the Bees have taken paine for; just so do our Colledg of Physicians, lie at home and domineer, and suck out the sweetness of others mens Labours and studies, themselves being as ignorant in the knowledg of herbs, as a Childe of four years old, as I can make appear to any rational man by their last Dispensatory, now then to hide their ignorance, there is not a readier way in the world, than to hide knowledg from their Countreymen, that so no body might be able so much as to smell out their ignorance; when simples were more in use mens bodies were in better health by far than now they are, or shall be, if the Colledg can help it. The truth is, this herb is of a fine cooling, drying quality, and an Ointment or Plaister of it, might do a man a courtesie that hath any hot virulent sores, it is admirable for the ulcers of the French Pox, and being a gallant antivenerian medicine under the dominion of Saturn, if taken inwardly may cure the disease. It was at first called Female-speedwel, but a Gentleman of Wales whose nose was almost eaten off with the Pox, and so near the matter, that the Doctors commanded it to be cut off, being cured by only the use of this herb, to honour the herb for saving his nose whole, gave it one of her own Countrey names, Lluellin.

Foxglove.

Description. THis hath many long & broad Leaves lying upon the ground dented about the edges, a little soft or woolly, and of a hoary green colour among which rise up sometimes sundry stalks, but one very often bearing such Leaves thereon from the bottom to the middle, from whence to the top it is stored with large & long hollow reddish purple flowers, a little more long and eminent at the lower edg, with som white spots within them, one above another, with small green Leaves at every one, but all of them turning their heads one way, & hanging downwards,

having some threds also in the middle, from whence rise round heads pointed sharp at the ends, wherein small brown seed lieth. The Roots are many small husky fibres, and some greater strings among them; the flower hath no scent, but the Leaves have a bitter hot taste.

Place. It groweth on the hot sandy grounds for the most part, and as well on the higher as lower places under hedge sides in almost every County of this Land.

Time. It seldom flowreth before July, and the seed is ripe in August.

Virtues and Use. This Herb is familiarly and frequently used by the Italians to heal any fresh or green wound, the Leaves being but bruised and bound thereon; and the juice thereof is also used in old sores, to cleanse, dry, and heal them. The Decoction hereof made up with some Sugar or Honey is available to cleanse and purge the body both upwards and downwards sometimes of rough flegm & clammy humours, and to open obstructions of the Liver and Spleen; it hath been found by experience to be available for the Kings Evil, the Herb bruised and applied, or an Ointment made with the juice thereof and so used: and a Decoction of two handfulls thereof with four Ounces of Polipody in Ale, hath been found by late experience to cure divers of the falling sickness, that have been troubled with it above twenty years.

wounds, cleanse, dry heal, obstructions of the liver and spleen: Kings Evil, falling sickness, scabby heads.

My self am confident that an Ointment of it is one of the best remedies for a scabby head that is.

Fumitory.

Description. Our common Fumitory is a tender sappy herb, sending forth from one square slender weak stalk and leaning downwards on all sides many branches two or three foot long, with finely cut and jagged Leaves of a whitish or rather bluish Sea-green colour: at the tops of the branches stand many small flowers, as it were in a long spike one above another made like little birds of a reddish purple colour with whitish bellies: after which come small round husks containing small black seed. The Root is yellow, small, and not very long, full of juyce while it is green, but quickly perishing with the ripe seed: in the Corn fields in Cornwall this beareth white flowers.

Place. It groweth in the Corn-fields almost every where as well as in Gardens.

Time. It flowreth in May for the most part and the seed ripeneth shortly after.

Virtues and Use. The juyce or Syrup made thereof, or the Decoction made in Whey by it self, with some other purging or opening herbs and roots to cause it to work the better, (it self being but weak) is very effectual for the Liver & Spleen, opening the Obstructi-

Liver Spleen.

ons

ors thereof; & clarifying the bloud from salt filth, choller, sick, and adust humours, which cause Lepry, scabs, Tetters, and Itches, and such like breakings out of the skin, and after the purging doth strengthen all the inward parts; It is good also against the yellow Jaundice and scendeth it by urine, which it procureth in abundance. The powder of the dried herb given for some time together cureth melancholly, but the seed is stronger in operation for all the former diseases. The distilled water of the herb is also of good effect in the former diseases and conduceth much against the plague and pestilence, being taken with good Treacle. The distilled water also, with a little water and Honey of Roses helpeth all the sores of the mouth or throat, being gargled often therewith. The juyce dropped into the eyes cleareth the sight, and taketh away redness and other defects in them, although it procure some pain for the present, and cause teares. Dioscorides saith, it hindreth any fresh springing of haire on the eye-lids (after they be pulled away) if the eye-lids be anointed with the juyce hereof with Gum-Arabick dissolved therein. The juyce of Fumitory and Docks mingled with Vineger, and the places gently washed or wet therewith, cureth all sorts of scabs, pimples, itches, wheals, or rushes which arise on the face or hands or any other part of the body.

Choller adust. melancholly, madness, forgetfulness, black and yellow Jaundice pestilence sore mouths, throat, eys, haires, scabs itch, pimples, wheals.

Saturn owns the herb, and presents it to the world as a cure for his own diseases, and a strengthner of the parts of the body he rules. If by my Astrological Judgment of Diseases from the Decombiture, you finde Saturn Author of the Disease or if by direction from a Nativity you fear a Saturnine disease approaching, you may by this herb prevent it in the one, and cure it in the other, and therefore it is fit you keep a syrup of it always by you.

The Furs Bush:

THis is so well known, as well by this name as in some Countries by the name of Gors, that I shall not need to write any description thereof, my intent being to teach my Countreymen what they know not, rather than to tell them again of that which is generally known before.

Place. They are known to grow on dry barren Heaths, and other waste gravelly or sandy grounds in all Countries of this Land.

Time. They also flower in the summer moneths.

Virtues and Use. They are hot and dry good to open Obstructions of the Liver and spleen. A Decoction made with the flowers thereof hath been found effectual against the Jaundice, as also to provoke urine, and cleanse the kidnies from gravel or stones ingendered in them.

Obstructions, Livers, spleen, yellow Jaundice dissury, gravel, stone.

It is a plant of Mars, and doth all this by simpathy.

Garlick.

THe offensiveness of the breath of him that hath eaten Garlick will lead you by the nose to the knowledg hereof and (instead of a description) direct you to the place where it groweth in Gardens, which kindes are the best and most physical.

Urine, terms provokes mad dogs venomous beasts, worms, Lethargy Flegm, pestilence impostumes, mineral vapours, henbane hemlock wolfbane. dropsie cramps, convulsions falling sickness.

Virtues and Use. This was anciently accounted the poor mans Treacle, it being a remedy for all diseases or hurts (except those which it self breeds) it provoketh urine and womens Courses, helpeth the biting of a mad dog, and of other venomous creatures killeth worms in children, cutteth and avoideth tough flegm, purgeth the head, helpeth the Lethargy, is a good preservative against, a remedy for any plague sore, or foul ulcer: taketh away spots and blemishes in the skin, easeth pains of the ears, ripeneth and breaketh Impostumes, or other swellings: and for all these Diseases the Onions are also effectual; but the Garlick hath some more peculiar virtues besides the former, viz. It hath a special quality to discuss the inconveniencies coming by corrupt Agues or mineral vapours, or by drinking corrupt and stinking waters; as also by taking of Wolf bane, Henbane, Hemlock or other poysonful and dangerous herbs. It is also held good in hydropick diseases, the Jaundice, falling-sickness, Crimps, Convulsions, the Piles or Hemorrhoids, or other cold diseases.

My Authour quotes here many diseases this is good for, but conceals its vices: its heat is very vehement, and all vehement hot things send up but ill favourd vapours to the brain; in chollerick men it will add fuel to the fire, in men oppressed by melancholly it will attenuate the humour, and send up strange fancies, and as strange visions to the head, therefore let it be taken inwardly with great moderation, outwardly you may make more bold with it.

Mars owns the herb.

Germander.

Description. COmmon Germander shooteth forth sundry stalks with small and somewhat round Leaves dented about the edges: the flowers stand at the tops of a deep purple colour: the Root is composed of divers spriggs, which shoot forth a great way round about, quickly overspreading a ground.

Cough, Spleen, dissury, dropsie Terms provokes dead childe.

Place. It groweth usually with us in Gardens.

Time. And flowreth in June or July.

Virtues and use. This taken with Honey (saith Dioscorides) is a remedy for Coughs, for hardness of the spleen, and difficulty of urine, and helpeth those that are fallen into a Dropsie, especially at the beginning of the disease; a Decoction being made thereof when it is green, and drunk: it also bringeth down womens Courses, and expelleth the dead Childe: it is most effectual

fectual against the poyson of all serpents; being drunk in Wine, and the bruised herb outwardly applied used with Honey, it cleanseth old and foul ulcers, and made into an Oyl, and the eys anointed therewith, taketh away their dimness and mo ſtness: it is likewise good for the pains in the sides, and Cramps. The Decoction thereof taken for some days together, driveth away and cureth both tertian and quartan Agues. It is also good against all diseases of the brain, as continual head-ache, ſa ling sickness, melancholy, drowsiness & dulness of spirits, Convulsions, and Palsies. A dram of the seed taken in pouder purgeth by urine, and is good against the yellow Jaundice. The juyce of the Leaves dro; ped into the ears killeth the worms in them: the tops thereof when they are in flower ſteeped twentie-four hours in a draught of white wine and drunk killeth worms in the belly.

Poyson, ulcers.

cramps agues falling-ſickness, head-ach melancholly, dulness, of ſpirits convulſion, palſie yellow jaundice worms.

It is a moſt prevalent herb of Mercury, and ſtrengthens the brain and apprehenſion exceed ingly; you may see what humane virtues are under Mercury in he latter end of my Ephemeris for 1651. ſtrengthen them when weak, relieve them when drooping, by this herb.

Stinking Gladwin.

Deſcription. THis is one of the kindes of Flower-de-luces, having divers Leaves riſing from the Roots very like a Flower-de-luce, but that they are ſharp edged on both ſides, and thicker in the middle, of a deeper green colour, narrower and ſharper pointed, and of a ſtrong ill ſcent if they be bruiſed between the fingers: in the middle riſeth up a reaſonable ſtrong ſtalk a yeard high at leaſt, beareth three or four flowers at the top made somewhat like the flowers of the Flower-de-luce with three upright Leaves of a dead purpliſh Aſh-colour with ſome veins diſcoloured in them, the other three do not fall down, nor the three other ſmall ones are ſo arched, nor cover the lower Leaves as the Flower-de-luce doth, but ſtand looſe, or aſunder from them: after they are paſt, there come up three ſquare hard huſks opening wide into three parts when they are ripe, wherein lie reddiſh ſeed, turning black when it hath abidden long: the Root is like that of the Flower-de-luce but reddiſh on the outſide, and whitiſh within, very ſharp and hot in taſte, of as evil a ſcent as the Leaves.

Place. This groweth as well on the upland grounds as alſo in moiſt places, in woods and ſhadowy places by the Sea ſide in many places of this Land, and is uſually nurſed up in Gardens.

Time. It flowreth not untill July, and the ſeed is ripe in Auguſt or September yet the huſks after they are ripe opening themſelves, will hold their ſeeds within them for two or three moneths, and not ſhed them.

Flegm, Choller.

Virtues and uſe. It is uſed by many Countrey people, to purge corrupt tough flegm and Choller, which they do by drinking the decoction of the Roots, and ſome to make it work more gently do but infuſe the ſliced Roots in Ale, and ſome take the leaves which ſerveth well for the weaker ſtomachs. The juyce hereof put up, or ſnuffed up the noſe, cauſeth neeſing, and draweth from the head much corruption; and the pouder thereof doth the ſame: The pouder thereof drunk in Wine, helpeth thoſe that are troubled with Cramps and Convulſion, or with the Gout, or Sciatica, and giveth eaſe to thoſe that have any griping pains in their body, or belly, and helpeth thoſe that have the Strangury: It is given with much profit to thoſe that have had long Fluxes by the ſharp and evil quality of humours, which it ſtayeth, having firſt cleanſed and purged them by the drying and binding property therein. The Root boiled in Wine, and drunk, doth effectually procure Womens courſes, and uſed as a Peſſary worketh the ſame effects, but cauſeth abortion in Women with Childe Half a Dram of the ſeed beaten to pouder and taken in Wine, doth ſpeedily cauſe one to piſs, which otherwiſe cannot: the ſame taken with vinegar, diſſolveth the hardneſs and ſwellings of the ſpleen. The Root is very effectual in all wounds, and eſpecially of the head, as alſo to draw forth any ſplinters, thorns, broken bones or any other thing ſticking in the fleſh without cauſing pain, being uſed with a little Verdigreeſe and Honey, and the great Centaury Root: The ſame boiled in Vineger and laid upon a Tumour, or ſwelling, doth very effectually diſſolve and conſume them, yea, even the ſwellings of the throat, called the King's Evil. The juyce of the leaves and roots healeth the Itch, and all running, or ſpreading ſcabs, or ſores, and blemiſhes, or ſcars in the ſkin whereſoever they be.

Head, cramp, convulſion, Gout, Sciatica, Belly-ach Strangury, Fluxes, Terms, provokes. Diſury, Spleen, wounds, ſplinters, Thorns, broken Bones, Kings Evil, Itch, Scabs, Blemiſhes in the skin.

Golden Rod,

Deſcription. THis riſeth up with browniſh ſmall round ſtalks two foot high, and ſometimes more, having thereon many narrow and long dark green leaves, very ſeldom with any dents about the edges, or any ſtrakes, or white ſpots therein, yet they are ſometimes ſo found; divided at the tops into many ſmall branches, with divers ſmall yellow flowers on every one of them, all which are turned one way, and being ripe do turn into Doun, and are carried away with the winde. The Root conſiſteth of many ſmall fibres, which grow not deep in the ground, but abideth all the winter therein, ſhooting forth new branches every year, the old ones dying down to the ground.

Place. It groweth in the open places of woods and Copſes, both moiſt, and dry grounds, in many places of this Land.

Time. It flowereth about the moneth of July.

Vir-

Virtues and uſe. Arnoldus de villa nova commendeth it much againſt the Stone in the Reins, and Kidneys, and to provoke Urine in abundance, whereby alſo the Gravel, or Stone may be avoided. The Decoction of the Herb green, or dry, or the diſtilled water thereof is very effectual for inward bruiſes: as alſo to be outwardly applied, it ſtayeth bleedings in any part of the body, and of Wounds alſo, the Fluxes of humours, the bloudy Flux, and Womens Courſes; and is no leſs prevalent in all Ruptures, or Burſtings, being drunk inwardly, and outwardly applied. It is a ſovereign Wound-Herb, inferiour to none, both for inward and outward hurts, green Wounds, and old Sores, and Ulcers are quickly cured therewith. It is alſo of eſpecial uſe in all Lotions for ſores, or ulcers in the Mouth, Throat, or privy parts of man, or woman: The decoction alſo helpeth to faſten the Teeth that are looſe in the Gums.

Stone, Gravel, diſury, wounds, Flux, Bloudy Flux, Terms, ſtops, Ruptures, Ulcers, Sore Mouth and Throat, Teeth looſe, Beauty loſt.

Venus claims the Herb, and therefore to be ſure, it reſtores beauty loſt.

Goutwort, or Herb-Gerrard.

Deſcription. THis is a low Herb, ſeldom riſing half a yard high, having ſundry leaves ſtanding on browniſh green ſtalks by threes ſnip, ed about, and of a ſtrong unpleaſant ſavour. The umbles of flowers are white, and the ſeed blackiſh, the root runneth in the ground, quickly taking up a great deal of room.

Place. It groweth by Hedg and Wall ſides and often in the Borders, or corners of fields, and Gardens alſo.

Time. It flowreth, and ſeedeth about the end of July.

Virtues and uſe. Goutwort had not his name for nothing, but upon good experience to help the cold Gout, and Sciatica, as alſo Joynt-aches, and other cold Griefs.

Gout, ſciatica, Joynts.

The very bearing of it about one, eaſeth the pains of the Gout, and defends him that bears it from the diſeaſe.

Gromel.

OF this I ſhall briefly deſcribe three kindes which are principally uſed in Phyſick, the Virtues whereof are alike, though ſomewhat different in their manner and former growing.

Deſcription. The greater Gromel groweth up with ſlender, hard and hairy ſtalks, trailing and taking Root in the ground as it lieth thereon, and parted into many other ſmaller branches with hairy dark green leaves thereon. At the joynts with the leaves come forth very ſmall blue flowers, and after them hard ſtony roundiſh ſeed. The Root is long and woody, abiding the Winter, and ſhooting forth freſh ſtalks in the Spring.

The small wilde Gromel sendeth forth divers upright hard branched stalks two or three foot high, full of joynts, at every of which groweth small, long, hard, and rough leaves, like the former but lesser, among which leaves come forth small white flowers and after them greyish round seed like the former. The Root is not very long, but with many strings thereat.

The Garden Gromel hath divers upright slender woody hairy stalks brown and crested, very little branched with leaves like the former, and white flowers, after which in rough brown Husks is contained a white hard round seed shining like Pearls, and greater than either of the former: The Root it like the first described, with divers branches and strings thereat, which continueth (as the first doth) all Winter.

Place. The two first grow wilde in barren, or untilled places, and by the way-sides in many places of this Land. The last is a Nurseling in the Gardens of the curious.

Time. They all flower from Midsummer unto September sometimes, and in the mean time the seed ripeneth.

Virtues and Use. These are accounted to be of as singular force as any other Herb, or seed whatsoever, to break the Stone, and to avoid it and the Gravel, either in the Reins, or Bladder; as also to provoke Urine being stopped: and to help the Strangury. The seed is of greatest use being bruised and boiled in white Wine, or in Broth, or the like, or the pouder of the Seed taken therein: Two drams of the seed in pouder taken with womens breast-milk, is very effectual to procure a speedy delivery to such Women as have sore pains in their Travail and cannot be delivered. The Herb it self (when the seed is not to be had) either boiled or the juyce thereof drunk, is effectual to all the purposes aforesaid, but not so powerfull, or speedy in operation.

Stone, Gravel, Strangury.

Travail in Women.

The Herb belongs to Dame Venus, and therefore if Mars cause the Chollick, or Stone, as usually he doth if in Virgo This is your cure.

Winter-Green.

Description. THis sendeth forth 7. 8. or 9. leaves from a small brownish creeping Root, every one standing upon a long Footstalk which are almost as broad as long, round pointed, of a sad green colour and hard in handling, and like the leaf of a Pear-tree, from whence ariseth a slender weak stalk yet standing upright, bearing at the top many small, white and sweet smelling flowers, laid open like a Star, consisting of five round pointed leaves, with many yellowish stamens standing in the middle, about a green head, and a long stile with them, which in time groweth to be the seed vessel which being ripe is found five square, with a small point at it, wherein is contained seed as small as dust.

Place.

Place. It groweth seldom in the fields, but frequently in the woods Northwards, viz. in Yorkshire Lancashire, and Scotland

Time. It flowreth about June or July.

Virtues and Use. Winter-green is a singular good wound-herb, and an especial remedy for to heal green wounds speedily, the green Leaves being bruised and applied, or the juyce of them: a salve made of the green herbs stamped, or the juyce boyled with Hogs Lard, or with Sallet Oyl and Wax and some Turpentine added unto it, is a sovereign salve, and highly extolled by the Germans, who much use it to heal all manner of wounds and sores The herb boiled in wine and water and given to drink to them that have any inward ulcers in their kidneys or neck of the bladder, doth wonderfully help them: it stayeth also all fluxes whether of bloud or humours, as the Lask, bloudy flux, womens Courses, and bleeding of wounds and taketh away any indammation rising upon pains of the heart. It is no less helpful for foul ulcers hard to be cured, as also for Cankers of Fistules The distilled water of the herb doth effectually perform the same things.

wounds, ulcers, kidneys, bladder, flux, bloudy flux, terms, flops, inflammations, cankers, fistulaes.

Groundsel.

Description. Our common Groundsel hath a round, green and somewhat greenish stalk, spread toward the top into branches, set with long and somewhat narrow green Leaves cut in on the edges, somewhat like the Oak-leaves, but lesser and round at the ends; at the tops of the branches stand many small green heads, out of which grow small yellow threds or thrums, which are the flowers, and continue many days blown in that manner before it pass away into Down, and with the seed is carried away in the winde The Root is small and threddy, and soon perisheth, and as soon riseth again of its own sowing, so that it may be seen many moneths in the year, both green, and in flower and seed, for it will spring and seed twice in a year at least, if they be suffered in a Garden.

Place. This groweth almost every where, as well on the tops of walls as at the foot among rubbish, and untilled grounds, but especially in Gardens.

Time. It flowreth as is said before, almost in every moneth through the year.

Virtues and Use. The Decoction of the herb (saith Dioscorides) made with wine and drunk, helpeth the pains in the stomach proceeding of choller (which it may well do by a vomit, as daily experience sheweth) the juyce hereof taken in drink, or the Decoction of it in Ale, gently performeth the same: it is good against the Jaundice and falling-sickness being taken in wine, as also against difficulty of making water, it provoketh urine, expelleth gravel in the reins or kidneys; a dram thereof given in Oximel, [illegible] some walking or stirring

Choller in the stomach, yellow jaundice, falling-sickness, difficulty, gravel,

Sciatica, cholick, Liver, terms provokes womens breasts, privy parts arteries, joynts & sinews overheated, kernels wounds in the sinews, inflammation in the Eys.

stirring the body; it helpeth also the Sciatica, griping of the belly and the Cholick, helpeth the defects of the Liver, and provoketh womens Courses. The fresh herb boiled and made into a Poultis, and applied to the breasts of women that are swollen with pain and heat, as also to the privy parts of man or woman, the seat, or fundament, or the arteries, joynts and sinews, when they are inflamed and swoln, doth much ease them: and used with some salt help to dissolve the knots or kernels in any part of the body. The juyce of the herb, or (as Dioscorides saith) the Leaves and flowers with some fine frankincense in pouder, used in wounds of the body nerves or sinews, doth singularly help to heal them: the distilled water of the herb performeth well all the aforesaid cures, but especially for inflammations or watering of the eys by reason of the defluxion of rheum into them.

This herb is Venus her Mrs piece, and is as gallant an universal medicine for all diseases coming of heat whatsoever they be, or in what part of the body soever they be, as the sun shines upon, it is very true and friendly to the body of man, yet causeth vomiting if the stomach be afflicted if not, it purgeth and it doth it with more gentleness than can be expected. It is moist and sower but cold withall, and by causing expulsion, and repressing the heat caused by infection of the internal parts in purges and Vomits: Take by your learned Receipts, take so much Senna, so much Scammony, and so much Colocinthis, so much Infusion of Crocus Metallorum &c. This herb alone preserved in a syrup, in a distilled water, in an Ointment shall do the deed for you in all hot diseases, and it shall do it, 1. safely: 2. speedily.

Harts-tongue.

Description. THis hath divers Leaves rising from the Root every one severally which fold themselves in their first springing and spreading; when they are full grown are about a foot long, smooth and green above, but hard and with little sap in them; and straked on the back athwart on both sides of the middle Rib with small and somewhat long brownish marks; the bottom set of the Leaves are a little bowed on each side of the middle Rib somewhat narrow with the length, and somewhat small at the end. The Root is of many black threds, folded or interlaced together.

Time. It is green all the winter, but new Leaves spring every year.

Spleen, Liver, flux, bloudy flux, hiccough.

Virtues and Use. Harts-tongue is much commended against the hardness and stoppings of the spleen and Liver, and against the heat of the Liver and stomach and against Lasks and the bloudy flux: the distilled water thereof is also very good against the passions of the heart, and to stay the Hiccough, to help the falling

of

of the Pallat, and ſtay the bleeding of the gums being gargled in the mouth. Dioſcorides ſaith, It is good againſt the ſtinging or biting of Serpents. *Gums, venomous beaſts.*

Jupiter claims dominion over this herb, therefore is a ſingular remedy for the Liver, both to ſtrengthen it when weak, and eaſe it when afflicted, it is no matter by what you ſhould do well to keep it in a Syrup all the year, for though my Authour ſay it is green all the year, I learne believe it.

As for the uſe of it, my directions at latter end will be ſufficient and enough for thoſe that are ſtudious in Phyſick to whet their brains upon for one year or two

The Hazel-nut.

THeſe are ſo well known to every boy, that they need no deſcription.

Vertues and Uſe. The parched kernels made into an Electuary, or the milk drawn from the kernels with Mead or honeyed water, is very good to help an old Cough; and being parched and a little Pepper put to them & drunk, digeſteth the diſtillation of rheum from the head: the dryed huſk and ſhell to the weight of two drams taken in red wine, ſtayeth Laſks and womens Courſes, and ſo doth the red skin that covers the kernels which is more effectual to ſtay womens Courſes. *cough. phyſick; flux. terms ſtops.*

And if this be true as it is, then why ſhould the vulgar ſo familiarly affirm, that eating Nuts cauſeth ſhortneſs of breath, than which nothing is falſer, for how can that which ſtrengthens the Lungs cauſe ſhortneſs of breath? I confeſs the opinion is far older than I am, I knew Tradition was a friend to errours before but never that he was the Father of ſlanders, or are mens tongues ſo given to ſlandering one another that they muſt ſlander Nuts too to keep their tongues in ure? If any thing of the Hazel-nut be ſtopping it is the huſks and ſhells, and no body is ſo mad to eat them unleſs phyſically, and the red ſkin which covers the kernel which you may eaſily pull off. And thus have I made an Apology for Nuts which cannot ſpeak for themſelves.

Hawkweed.

Deſcription. THis hath many large hairy Leaves lying on the ground, much rent or torn on the ſides into many gaſhes like Dandelion, but with greater parts more like the ſmooth Sow-thiſtle, from among which ariſeth a hollow rough ſtalk two or three foot high branched from the middle upward, wherein are ſet at every joint longer Leaves little or nothing rent or cut in, bearing at their top ſundry pale, yellow flowers conſiſting of many ſmall narrow Leaves broad pointed and nicked in at the ends, ſet in a double row or more, the

Cools dryes, binds, gnawing in the ſtomach inflammations, agues, crudity, diſury, venomous beaſts, poiſon dropſie, flegm, chollick, ſpleen. watching luſt ſtops venereous dreams, reins, bladder, eys, ulcers, burnings, inflammations, S. Anthonies fire, heat, ſalt flegm, convulſion cramp, freckles, ſpots, morphew wrinkles.

the outermoſt being larger than the inner, which form moſt of the Hawkweeds, (for there are many kindes of them) do hold, which turn into Down, and with the ſmall browniſh ſeeds, is blown away with the winde; the Root is long and ſomewhat greater with many ſmall fibres thereat. The whole is full of bitter milk.

Place. It groweth in divers places about field ſides and the path-ways in dry grounds.

Time. It flowreth and flies away in the Summer moneths.

Virtues and Uſe. Hawkweed (ſaith Dioſcorides) is cooling, ſomewhat drying and binding, and therefore good for the heat of the ſtomach, and gnawings therein, for inflammations and the orifits of Agues. The juyce thereof in Wine helpeth digeſtion, diſcuſſeth winde, hindreth crudities abiding in the ſtomach and helpeth the difficulty of making water, the biting of venomous Serpents, and ſting of the Scorpion, if the herb be alſo outwardly applyed to the place, and is very good againſt all other poyſons. A ſcruple of the dried juyce given in Wine and vineger is profitable for thoſe that have the Dropſie. The Decoction of the herb taken with Honey, digeſteth thin flegm in the Cheſt or Lungs, and with Hyſop helpeth the Cough. The Decoction thereof, and of wilde Succory made with wine and taken helpeth the winde-chollick and hardneſs of the Spleen, it procureth reſt and ſleep, hindereth venery and venerous dreams, cooleth heats, purgeth the ſtomach, increaſeth blood, and helpeth the diſeaſes of the reins and bladder. Outwardly applied it is ſingular good for all the defect & diſeaſes of the eys, uſed with ſome womens milk, and is uſed with good ſucceſs in fretting and creeping Ulcers, eſpecially in the beginning. The green herb bruiſed and with a little Salt applied to any place burnt with fire before bliſters do ariſe, helpeth them, as alſo inflammations, S. Anthonies fire, and all puſhes, and eruptions, heat and ſalt flegm. The ſame applied with meal and fair water in manner of a Poultis to any place affected with Convulſions and the Cramp, or ſuch as are out of joynt, doth give help and eaſe, the diſtilled water cleanſeth the ſkin, and taketh away freckles, ſpots, the morphew or wrinckles in the face.

The Hawthorn.

IT is not my intent to trouble you with a deſcription of this Tree which is ſo well known that it needeth none.

It is ordinarily but a hedg-buſh, although being pruned and dreſſed, it groweth to be a Tree of a reaſonable height.

As for the Hawthorn tree at Glaſtenbury, which is ſaid to flower yearly on Chriſtmas day, it rather ſhews the ſuperſtition of thoſe who obſerve it for the time

of

of its flowring, than any great wonder, sith the like may be found in divers other places of this Land, as in Whey-street in Rumney-Marsh, and near unto Nantwich in Cheshire by a place called White green, where if the winter be milde they will be white blossoms all over before and about Christmas, as in May, if the weather be frosty it flowreth not untill January, or that the hard weather be over.

Virtues and Use. The berries or the seeds in the berries beaten to pouder and drunk in wine, are held singular good against the stone, and are good for the Dropsie. The distilled water of the flowers stayeth the Flix. The seeds cleared from the Doun, bruised and boyled in wine and drunk is good for inward tormenting pains: if cloaths and spunges be wet in the said distilled water and applyed to any place wherein thorns, splinters or the like do abide in the flesh, it will notably draw them forth. *stone, dropsie, flux, inward pains, splinters, thorns.*

And thus you see the Thorn gives a medicine for his own pricking, and so doth almost every thing else.

Hemlock.

Description. The common great Hemlock groweth up with a green stalk four or five foot high or more, full of red spots sometimes: and at the joynts very large winged Leaves set at them which are divided into many other winged leaves, one set against another dented about the edges, of a sad green colour branched towards the top where it is full of umbels of white flowers, and afterwards with whitish flat seed: the Root is long white, and sometimes crooked and hollow within, the whole plant and every part hath a strong, heady, and ill favourd scent, much offending the senses.

Place. It groweth in all Countries of this Land by walls and hedges sides, in waste grounds and untilled places.

Time. It flowreth and seedeth in July, or thereabouts.

Virtues and Use. Hemlock is exceeding cold and very dangerous especially to be taken inwardly: it may safely be applyed to inflammations, tumours, and swelling in any part of the body (save the privy parts) as also to St. Anthonies fire wheals, pushes, and creeping ulcers that rise of hot sharp humours, by cooling and repelling the heat. The Leaves bruised and laid to the brow or forehead, are good for the eys that are red and swollen, as also to take away a Pin and Web growing in the eye, this is a tryed medicine; take a small handfull of the herb and half so much Bay-salt beaten togeather, and applied to the contrary wrist of the hand for twenty four hours, doth remove it in thrice dressing. If the Root hereof be roasted under the embers, wrapped in double wet papers, untill it be soft: *Inflammations, St. Anthonies fire, tetters, Ringworms, Eys, Pin and web.*

Gout. and tender, and then applied to the Gout in hands or fingers it will quickly help this evil. If any shall through mistake eat the herb Hemlock instead of Parsley, or the Root instead of a Parsnip (both which it is very like) whereby hapneth a kinde of phrensie, or perturbation of the senses, as if they were stupified or drunk, the remedy is (as Pliny saith) to drink of the best and strongest pure wine, before it strike to the heart, or Gentian put into wine, or a draught of good Vineger, wherewith Tragus doth affirm that he cured a woman that had eaten the Root.

Saturn claims dominion over the herb yet I wonder why it may not be applied to the privities in a Priapismus, or continual standing of the Yard, it being very beneficial for that disease; I suppose my Authours judgement was first upon the opposite disposition of Saturn to Venus in those faculties, and therefore he forbid the applying it to those parts that it might not *Lechery.* cause barrennes, or spoil the spirit procreative, which if it do, yet applied to the privities it stops lustfull thoughts.

Hemp.

THis is so well known to every good Huswife in the Countrey, that I shall not need to write any description of it.

Time. It is sown in the end of March, or beginning of April, and is ripe in August or September.

Vertues and Use. The seed of Hemp consumeth winde, and by the much use thereof disperseth it so *winde,* much, that it drieth up the natural seed for procreation; yet being boyled in milk and taken, helpeth such as *cough,* have a hot dry Cough. The Dutch make an Emulsion out of the seed, and give it with good success to those that have the Jaundice, especially in the beginning of the disease if there be no Ague accompanying it, for it *Jaundice* openeth Obstructions of the Gall and causeth digestion of Choller. The Emulsion or Decoction of the seed *Gall, choller,* stayeth Lasks and continual Fluxes, easeth the Chol- *flux,* lick, and allayeth the troublesom humours in the bowels, and stayeth bleeding at the mouth, nose, or o- *chollick,* ther place, some of the leaves being fried with the *Bleeding,* bloud of that bleed, and so given them to eat. It is held very good to kill the worms in man or beast, and *worms,* the juyce dropped into the ears killeth worms in them, *Earwigs,* and draweth forth Earwigs, or other living creatures *inflam-* gotten into them. The decoction of the Root allayeth *mation,* inflammations in the head or any other parts, the herb *Gout,* it self, or the distilled water thereof doth the like: *sinews* the decoction of the Roots easeth the pains of the *shrunk.* Gout, the hard tumours, or knots in the joynts, the pains and shrinking of the sinews, and the pains of the hips: the fresh juyce mixed with a little Oyl and Butter is good for any place that hath been burnt with fire being thereto applied.

It

It is a plant of Saturn, and good for something else you see than to make halters onely.

Henbane.

Description. Our common Henbane hath very large, thick, soft woolly leaves lying upon the ground, much cut in or torn on the edges, of a dark ill greyish green colour, among which rise up divers thick and short stalks two or three foot high, spread into divers smaller branches with lesser leaves on them, and many hollow flowers scarce appearing above the husks, and usually torn on the one side, ending in five round points growing one above another, of a deirdish yellow colour, somewhat paler towards the edges, with many purplish veins therein, and of a dark yellowish purple in the bottom of the flower, with a small pointel of the same colour in the middle, each of them standing in hard close husk which after the flower is past, groweth very like the husk of Asarabacca, and somewhat sharp at the top points, wherein is contained much small seed very like Poppy-seed, but of a dusky greyish colour. The Root is great, white, and thick, branching forth divers ways under ground, so like a Parsnip-root (but that it is not so white) that it hath deceived divers. The whole Plant more than the Root hath a heavy ill soporiferous smell somewhat offensive

Place. It commonly groweth by the way-sides, and under hedg-sides and walls.

Time. It flowreth in July, and springeth again yearly of its own seed.

I doubt my Authour mistook July for June, if not for May.

Virtues and Use. The Leaves of Henbane do cool all hot inflammations in the eys, or any other part of the body; and are good to asswage all manner of swellings of the Gods or womens breasts, or elsewhere, if they be boyled in Wine, and either applied themselves or the fomentation warm; it also asswageth the pain of the Gout, the Sciatica, and all other pains in the joynts which arise from an hot cause. And applied with Vineger to the forehead and temples, helpeth the head-ach and want of sleep in hot Feavers. The juyce of the herb or seed, or the Oyl drawn from the seed doth the like. The Oyl of the seed is helpfull for the deafness, noise, and worms in the ears, being dropped therein; the juyce of the root or herb doth also the same. The Decoction of the herb or seed, or both, killeth Lice in man and beast. The fume of the dried herb, stalks, and seed burned, quickly healeth swellings, chilblains, or kibes in the hands or feet, by holding them in the fume thereof. The remedy to help those that have taken Henbane, is to drink Goats milk, honeyed water, or Pine kernels, with sweet wine: or in the absence of these, Fennel-seed, Nettle-seed, the seed of Cresses,

Inflammations, codes, womens breasts, Gout, sciatica, joints, watching, deafness, noise in the ears, chilblanes, kibes,

Muſtard, or Radiſh; as alſo Onions, or Garlick taken in Wine, do all help to free them from danger, and reſtore them to their due temper again.

Take notice that this herb muſt never be taken inwardly; outwardly, an Oyl, Ointment, or Plaiſter of it, is moſt admirable for the Gout, to cool the venerial heat of the Reins in the French Pox, to ſtop the Tooth-ach, being applied to the aching ſide, to allay all inflammations, and to help the diſeaſes before premiſed. *French Pox.*

I wonder in my heart how Aſtrologers could take on them to make this an herb of Jupiter, and yet Myrtildus, a man of a penetrating brain, was alſo of this opinion as well as the reſt: the herb is indeed under the dominion of Saturn, and I prove it by this Argument.

All the herbs which delight moſt to grow in Saturnine places, are Saturnine herbs.

But Henbane delights moſt to grow in Saturnine places, and whole Cart-loads of it may be found near the places where they empty the common Jakes, and ſcarce a ſtinking Ditch to be found without it growing by it.

Ergo, it is an herb of Saturn.

Herb Robert.

Deſcription. THis riſeth up with a reddiſh ſtalk two foot high, having divers leaves thereon upon very long and reddiſh footſtalks, divided at the ends into three or five diviſions, each of them cut in on the edges ſome deeper than others, and all dented likewiſe about the edges, which oftentimes turn reddiſh: at the tops of the ſtalk come forth divers flowers made of five leaves, much larger than the Doves foot, and of a more reddiſh colour after which come beak heads as in others: the Root is ſmall and threddy, and ſmelleth as the whole plant very ſtrong, and almoſt ſtinking.

Place. This groweth frequently every where by way-ſides, upon ditch-banks, and waſte grounds wherefoever one groweth.

Time. It flowreth in June and July chiefly, and the ſeed is ripe ſhortly after.

Virtues and Uſe. Herb Robert is commended not onely againſt the ſtone, but to ſtay bloud, where or howſoever flowing: it ſpeedily healeth all green wounds, and is effectual in old Ulcers in the privy parts or elſewhere. *Stone, bleeding, terms ſtops, wounds, ulcers in the privities.*

You may perſwade your ſelf this is true, and alſo conceive a good reaſon for it, if you do but conſider it is an herb of Venus, for all it hath gotten a mans name,

Herb

Herb True-love, or One-berry.

Deſcri-ption. THe ordirary herb **True-love**, hath a ſmall creeping Root running under the upper cruſt of the ground, ſomewhat like a Couchgraſs Root, but not ſo white, ſhooting forth ſtalks, with Leaves, ſome whereof carry no berries though others do, every ſtalk ſmooth without joynts, and blackiſh green, riſing about half a foot high if it bear berries otherwiſe ſeldom ſo high bearing at the top four Leaves ſet directly one againſt another in manner of a Croſs or a Riband tied (as it is called) on a True-loves knot: which are each of them apart: ſomewhat like unto a Nightſhade leaf, but ſomewhat broader, having ſometimes but three Leaves, ſometimes five, ſometimes ſix, and theſe ſometimes greater than in others. In the middle of the four Leaves riſeth up one ſmall ſlender ſtalk about an inch high, bearing at the top thereof one flower ſpread open like a ſtar conſiſting of four ſmall and narrow long pointed Leaves of a yellowiſh green colour, and four other lying between them leſſer than they; in the middle whereof ſtandeth a round dark purpliſh button or head, compaſſed about with eight ſmall yellow mealy threds, with three colours make it the more conſpicuous and lovely to behold: this button or head in the middle, when the other Leaves are withered, becometh a blackiſh purple berry full of juyce of the bigneſs of a reaſonable Grape, having within it many white ſeeds: the whole plant is without any manifeſt taſte.

Place. It groweth in woods and copſes, and ſometimes in the corners or borders of fields and waſte grounds in very many places of this Land; and abundantly in the woods, copſes, and other places about Chiſſelhurſt and Maidſtone in Kent.

Time. They ſpring up in the middle of April or May, and are in flower ſoon after, the berries are ripe in the end of May, and in ſome places in June.

Virtues and Uſe. The Leaves or berries hereof are effectual to expell poyſon of all ſorts, eſpecially that of the Aconites, as alſo the Plague and other peſtilential diſeaſes. Some have been holpen thereby ſaith Matthiolus that have lien long in a lingring ſickneſs and others that by witchcraft (as it was thought) were become half fooliſh, by taking a dram of the ſeeds or berries hereof in pouder every day for twenty days together, they were reſtored to their former health. The Roots in pouder taken in Wine eaſeth the pains of the Chollick ſpeedily: the Leaves are very effectual as well for green wounds, as to cleanſe and heal up old filthy ſores and ulcers, and is very powerfull to diſcuſs all tumours, and ſwellings in the Gods, privy parts, or Groyn, or in any part of the body, and ſpeedily to allay all inflammations. The Leaves or their juyce applied to fellons, or thoſe Nails of the Hands or Toes

Poyſon, peſtilence, feavers, witchcraft, chollick, wounds, ulcers, ſwellings in the groin, cods and privities, Inflammations,

Impostumes.

that have Impostumes, or Sores gathered together at the Roots of them, healeth them in short space.

The Herb is not to be described for the premises, but is fit to be nourished in every good Womens Garden.

Venus owns it.

Hysop.

THis is so well known to be an Inhabitant in every Garden, that it will save me labour in writing a description thereof. The virtues are as followeth.

Cough. shortness of breath, wheesing, Gross humours, worms, yellow Faundice Dropsie, spleen, inflammations, black and blue spots, Quinsie, Tooth-ach, Noise in the ears, venomous beasts, Lice, Itching of the head, Falling-sickness, wounds,

Virtues and Use. Dioscorides saith, that Hysop boyled with Rue and Honey, and drunk, helpeth those that are troubled with Coughs, shortness of breath, wheesing, and Rheumatick distillations upon the Lungs: Taken also with Oximel, it purgeth gross humours by the Stool; and with Honey killeth worms in the belly; and with fresh, or new Figs bruised, helpeth to loosen the belly, and more forcibly if the Root of Flower-deluce and Cretes be added thereto. It amendeth and cherisheth the native colour of the body spoiled by the yellow Jaundice, and being taken with Figs and Nitre helpeth the Dropsie and the Spleen. Being boyled with Wine, it is good to wash Inflammations, and taketh away black and blue spots and marks that come by strokes, bruises, or falls, being applied with warm water. It is an excellent Medicine for the Quinsie, or swelling in the Throat, to wash and gargle it, being boyled with Figs. It helpeth the Tooth-ach, being boyled in Vineger, and gargled therewith. The hot vapours of the decoction taken by a Funnel in at the Ears, easeth the Inflammations and singing noise of them: Being bruised, and Salt, Honey, and Cummin seed put to it, it helpeth those that are stung by Serpents. The Oyl thereof being anointed killeth Lice, and taketh away itching of the head: it helpeth those that have the Falling-sickness which way soever it be applied: It helpeth to expectorate tough flegm, and is effectual in all old griefs, or diseases of the Cheft and Lungs, being taken either in a Syrup, or licking Medicine. The green Herb bruised, and a little Sugar put thereto, doth quickly heal any cut or green wound, being thereunto applied.

The Herb is Jupiters, and the sign Cancer, it strengthens all the parts of the body under Cancer and Jupiter, which what they be may be found amply discoursed of in my Astrological judgment of diseases.

Hops.

THese are so well known that they need no Description, I mean the manured kinde which every good Husband, or Huswife is acquainted with.

The wilde Hop groweth up as the other doth, ramping

ing upon Trees, or Hedges that ſtand next unto them, with rough branches, and leaves like the former; but it giveth ſmaller heads and in far leſs plenty than it, ſo that there is ſcarce a head or two ſeen in a year, on divers of this wilde kinde; wherein conſiſteth the chief difference.

Place. They delight to grow on low moiſt grounds, and are found in all parts of this Land.

Time. They ſpring not up untill April, and flower not untill the latter end of June, the heads are not gathered until the middle, or latter end of September.

Virtues and Uſe. This Phyſical operation is to open obſtructions of the Liver and Spleen to cleanſe the bloud, to looſen the belly, to cleanſe the Reins from Gravel, and provoke Urine. The decoction of the tops of Hops, as well of the tame as the wilde, worketh the ſame effects. In cleanſing the bloud they help to cure the French diſeaſe, and all manner of ſcabs, Itch, and other breakings out in the body, as alſo all Tetters, Ring-worms, and ſpreading ſores, the Morphew, and all diſcolourings of the ſkin. The decoction of the Flowers and tops, do help to expell poyſon that any one hath drunk: half a dram of the ſeed in pouder taken in drink, killeth worms in the body, bringeth down Womens Courſes, and expelleth Urine: A Syrup made of the juyce and Sugar, cureth the yellow Jaundice, eaſeth the head-ach that comes of heat, and tempereth the heat of the Liver and ſtomach, and is profitably given in long and hot Agues that riſe of Choller and Bloud. Both the wilde and the manured are of one property, and alike effectual in all the aforeſaid diſeaſes.

Obſtructions, Liver, Spleen, Bloud, Reins, cleanſeth French Pox, ſcabs, Itch, Tetters, Ring-worms, Morphew Poyſon, worms, Terms provokes Diſury, yellow Jaundice Liver, ſtomach, Agues.

By all theſe Teſtimonies, Beer appears to be better than Ale.

Mars owns the Plant, and then Dr. Reaſon will tell you how it performs theſe actions.

Horehound.

Deſcription. COmmon Horehound groweth up with ſquare hoary ſtalks, half a yard, or two foot high, ſet at the joynts with two round crumpled rough leaves of a ſullen hoary green colour, of a reaſonable good ſcent, but a very bitter taſte. The flowers are ſmall, white and gaping, ſet in rough, hard, prickly Huſks, round about the joynts with the leaves from the middle of the ſtalk upwards, wherein afterwards is found ſmall round blackiſh ſeed. The Root is blackiſh, hard, and woody, with many ſtrings thereat, and abideth many years.

Place. It is found in many parts of this Land, in dry grounds, and waſte green places.

Time. It flowreth in, or about July, and the ſeed is ripe in Auguſt

Virtues and Uſe. A decoction of the dried Herb with the ſeed, or the juyce of the green Herb taken with

Difficulty of breath, Cough, Conſumption.

ſlegm, Terms provokes, After-birth, Wearineſs, Poyſon, Venomous beaſts, Ulcers Sides, Eyes, yellow, Jaundice, Ears, Obſtructions of the Liver and Spleen, Liver, Itch, Tetters, Worms, Dogs bitings, Womens breaſts, Thorns, Aſthmaes.

Honey, is a remedy for thoſe that are purſie or ſhort-winded, or have a Cough, or are fallen into a Conſumption either through long ſickneſs, or thin Diſtillations of Rheum upon the Lungs. It helpeth to expectorate tough Flegm from the Cheſt, being taken with the Roots of Iris, or Orris. It is given to Women to bring down their Courſes, to expell the Afterbirth, and to them that have ſore and long Travails, as alſo to thoſe that have taken Poyſon, or are ſtung, or bitten by venomous Serpents: The leaves uſed with Honey, purge foul Ulcers, ſtay running, or creeping ſores, and the growing of the fleſh over the nails. It alſo helpeth pains of the ſides. The juyce thereof with Wine and Honey helpeth to clear the eye-ſight, and ſnuffed up into the Noſtrils, purgeth away the yellow Jaundice, and with a little Oyl of Roſes dropped into the ears eaſeth the pains of them. Galen ſaith, it openeth obſtructions, both of the Liver and Spleen, purgeth the breaſt and Lungs of Flegm; and uſed outwardly, it both cleanſeth and digeſteth. A Decoction of Horehound (ſaith Mathiolus) is available for thoſe that have bad Livers, and for ſuch as have Itches and running Tetters: The Pouder hereof taken, or the Decoction killeth Worms. The green leaves bruiſed and boiled in old Hogs greaſe unto an Oyntment, healeth the biting of Dogs, abateth the ſwellings of Womens breaſts, and taketh away the ſwelling and pains that come by any pricking of Thorns, or ſuch like means and uſed with Vinegar it cleanſeth and healeth Tetters. There is a Syrup made of Horehound to be had at the Apothecaries, very good for old Coughs, to rid the tough Flegm, as alſo to avoid cold Rheum from the Lungs of old folks, and for thoſe that are Aſtmatick, or ſhort-winded.

Horſtail.

Deſcription. OF this there are many kindes, but I ſhall not trouble you nor my ſelf with any large deſcription of them, which to do, were but as the Proverb is, to finde a knot in a Rush: All the kindes hereof being nothing elſe but knotted ruſhes, ſome with leaves and ſome without: Take the deſcription of the moſt eminent ſort as followeth.

The greater Horſtail at the firſt ſpringing hath heads ſomewhat like thoſe of Aſparagus, and after grow to be hard, rough, hollow ſtalks, jointed at ſundry places up to the top, 2 foot high, ſo made as if the lower part were put into the upper, whereat grow on each ſide a buſh of ſmall, long, Ruſh-like hard Leaves, each part reſembling a Horſtail (from whence it was ſo called) At the tops of the ſtalks come forth ſmall Catkins like to thoſe of trees. The Root creepeth under ground having Joynts at ſundry places.

Place This (as moſt of the other ſorts hereof) groweth in wet grounds.

Time.

Time. They spring up in April, and their blooming Catkins in July, seeding for the most part in August, and then perish down to the ground, rising afresh in the Spring.

Virtues and Use. Horstail, the smoother rather than the rough, and the leaved rather than the bare, are most physical: It is very powerfull to stanch bleedings whersoever, either inward or outward, the juyce or Decoction thereof being drunk; or the juyce, decoction, or distilled water applied outwardly: It stayeth also all sorts of Lasks and Fluxes in Man, or Woman, and the pissing of bloud, and healeth also not onely the inward Ulcers and excoriations of the Intrails, Bladder, &c. but all other sorts of foul, moist, and running Ulcers, and soon sodereth together the lops of green wounds; It cureth also Ruptures in Children. The Decoction hereof in wine being drunk provoketh Urine, and helpeth the stone and the strangury; and the distilled water thereof drunk two or three times in a day, a small quantity at a time; as also easeth the Intrails or Guts, and is effectual against a Cough that cometh by distillation from the head. The juyce or distilled water being warmed, and hot Inflammations, Pustules, or red wheals, and other breakings out of the skin, being bathed therewith doth help them, and doth no less ease the swellings, heat, and Inflammations of the fundament, or privy parts in man or woman.

Bleeding flux, Terms, flops, pissing of bloud, Inward ulcers, Excoriations of the bladder, ulcers wounds, Ruptures Disury, Stone, strangury cough, inflammations, Pimples, Red faces.

The Herb is belonging to Saturn, yet is very harmless, and excellent good for the premises.

Housleeks, or *Sengreen.*

THese are so well known unto my Countreymen that I shall not need to write any description of them.

Place. It groweth commonly on walls and house sides, and flowereth in July.

Virtues and Use. Our ordinary Housleek is good for all inward heats, as well as outward, and in the eys, or other parts of the body: A Posset made with the juyce of Housleek is singular good in all hot Agues for it cooleth and tempereth the bloud and spirits, and quench the thirst; and is also good to stay all hot Defluxions of sharp and salt Rheums in the eys, the juyce being dropped into them, or into the ears helpeth them. It helpeth also other fluxes of humours into the Bowels, and the immoderate Courses of Women. It cooleth and restraineth also all other hot Inflammations, *S.* Anthonies fire, scaldings and burnings, the shingles, fretting Ulcers, Cankers, Tetters, Ringworms and the like, and much easeth the pain of the Gout proceeding from an hot cause. The juyce also taketh away Warts and Corns in the hands or feet, being often bathed therewith, and the skin of the Leaves being laid on them afterwards. It easeth also the headach, and distempered heat of the brain in Phrensies, or

Heat, Eys, Agues, Thirst, Salt Rheum, Ears, Terms flops, fluxes, inflammations, St. Anthonies fire, burnings, scaldings, Tetters, Ringworms,

Corns on the hands and feet, head-ach, Frenzie, watching Bleeding, Nettles, Bruise.

through want of sleep, being applied to the Temples and fore-head. The leaves bruised and laid upon the Crown, or Seam of the head stayeth bleeding at the nose very quickly. The distilled water of the Herb is profitable for all the purposes aforesaid: The leaves being gently rubbed on any place stung with Nettles or Bees, doth quickly take away the pain.

It is an Herb of Jupiter, and it is reported by Myrildus to preserve the house it grows upon from fire and lightning.

Hounds-tongue.

Descri-ption.

THe great ordinary Hounds tongue hath many long and somewhat narrow soft, hairy darkish green leaves, lying on the ground somewhat like unto Buglosse leaves, from among which riseth up a rough hairy stalk about two foot high, with some smaller leaves thereon and branched at the top into divers parts, with a small leaf at the foot of every branch, which is somewhat long, with many flowers set along the same, which branch is crooked, or turned inwards before it flowreth and openeth by degrees as the flowers do blow, which consist of four small purplish red leaves of a dead colour, scarce rising out of the Husk wherein they stand, with some threds in the middle: It hath sometimes a white flower. After the flowers are past, there cometh rough flat seed, with a small pointel in the middle, easily cleaving to any Garment that it toucheth, and not so easily pulled off again: The Root is black, thick, and long hard to break, and full of clammy juyce, smelling somewhat strong, of an evil scent as the leaves also do.

Place. It groweth in most places of this Land, in waste grounds, and untilled places by high way sides, Lanes, and hedg sides.

Time. It flowreth about May and June, and the seed is ripe shortly after.

Virtues and Use. The Root is very effectually used in Pills, as well as in Decoctions, or otherwise, to stay all sharp and thin Defluxions of Rheum from the head into the eys, or nose, or upon the stomach, or Lungs, as also for Coughs, or shortness of breath. The Leaves boyled in wine (saith Dioscorides) but others do rather appoint it to be made with water, and to add thereto Oyl and Salt, mollifieth, or openeth the belly downwards; it also helpeth to cure the biting of a mad Dog, some of the leaves being also applied to the wound: The leaves bruised, or the juyce of them boiled in Hogs lard, and applied, helpeth the falling away of the hair which cometh of hot and sharp humours; as also for any place that is scalded, or burnt the leaves bruised and laid to any green wound doth heal it up quickly. The Root baked under the Embers wrapped in Past, or wet papers, or in a wet double cloth, and thereof a Suppository made and put up into, or ap-

Eys, Nose, stomach, Lungs, shortness of breath, Mad Dogs, Scaldings, burnings.

applied to the Fundament, doth very effectually help the painful Piles, or Hemorrhoids. The distilled water of the Herb and Roots, is very good to all the purposes aforesaid, to be used as well inwardly to drink, as outwardly to wash any sore places, for it healeth all manner of wounds and Punctures and those foul Ulcers that arise by the French Pox. *Hemorrhoids, wounds, ulcers, French Pox.*

Mizaldus adds to this, that the leaves laid under the feet will keep the Dogs from barking at you. Hounds-tongue, because it ties the Tongue of Hounds, whether it be true or not I never tried yet, I have cured the biting of a mad Dog with this onely Medicine.

S. Johns-wort.

Description. THe common S. Johns wort shooteth forth brownish, upright, hard, round stalks, two foot high, spreading many branches from the sides up to the tops of them with two small leaves set one against another at every place, which are of a deep green colour, somewhat like the leaves of the lesser Centaury, but narrower, and full of small holes in every leaf, which cannot be so well perceived as when they are held up to the light: At the tops of the stalks and branches stand yellow flowers made of five leaves apiece, with many yellow threds in the middle, which being bruised do yield a reddish juyce like blou baster which come small round heads wherein is contained small blackish seed smelling like Rozin: The Root is hard and woody with divers strings and fibres at it, and of a brownish colour which abideth in the ground many years, shooting anew every Spring.

Place. This groweth in Woods and Copses, as well those that are shady, as open to the Sun.

Time They flower about Midsummer, and in July, and their seed is ripe in the latter end of July, or in August.

Virtues and Use. St. Johns-wort is as singular a wound-herb as any other whatsoever, either for inward wounds, hurts, or bruises, to be boyled in wine and drunk, or prepared into Oyl or Oyntment, Bath, or Lotion outwardly: It hath power to open Obstructions, to dissolve swellings, to close up the lips of wounds and to strengthen the parts that are weak and feeble. The decoction of the herb and flowers, but of the seed especially in wine being drunk, or the seed made into pouder and drunk with the juyce of Knotgrass, helpeth all manner of spitting and vomiting of bloud, be it by any vein broken inwardly, by bruises, falls, or howsoever: The same helpeth those that are bitten, or stung by any venomous Creature: And is good for those that are troubled with the stone in their Kidneys, or that cannot make water; and being applied provoketh womens courses. Two drams of the seed of S Johns-wort made into pouder and drunk in a little Broth, doth gently expell Cholier, or congealed bloud *wounds, bruises, obstructions, swellings, spitting and vomiting bloud, venomous Beasts, Disury, cholier,*

in

in the ſtomach; The decoction of the leaves and ſeeds being drunk ſomewhat warm before the fits of Agues, whether they be Tertians, or Quartans, doth alter the fits, and by often uſing doth take them quite away: The ſeed is much commended being drunk for forty days together, to help the Sciatica, the Falling ſickneſs, and the Palſey.

Agues, Sciatica, Falling-ſickneſs, Palſey,

It is under the Celeſtial ſign Leo, and under the Dominion of the Sun, it may be if you meet with a Papiſt that is an Aſtrologer, he will tell you *St.* John made it over to him by a Letter of Attourney, eſpecially if withall he be a Lawyer alſo.

Ivy.

Deſcri-ption. THis is ſo well known to every Childe alſo to grow in woods upon the Trees, and upon the ſtone Walls of Churches, Houſes, &c. and ſometimes to grow alone of it ſelf, though but ſeldom.

Time. It flowreth not untill July, and the Berries are not ripe till Chriſtide, that they have felt the winter froſts.

Virtues and Uſe. A pugil of the flowers, which may be about a dram (ſaith Dioſcorides) drunk twice a day in red wine, helpeth the Laſk and bloudy Flux. It is an enemy to the Nerves and Sinews being much taken inwardly, but very helpfull unto them being outwardly applied. Pliny ſaith, that the yellow Berries are good againſt the Jaundice, and taken before one be ſet to drink hard, preſerveth from drunkenneſs, & helpeth thoſe that ſpit bloud: and that the white berries being taken inwardly, or applied outwardly killeth the worms in the belly. The Berries are a ſingular remedy to prevent the Plague, as alſo to free them from it that have got it, by drinking the Berries thereof made in pouder, for two or three days together: They being taken in wine do certainly help to break the ſtone, provoke Urine and Womens Courſes. The freſh leaves of Ivy boyled in Vineger, and applied warm to the ſides of thoſe that are troubled with the ſpleen, Ach, or ſtitch in the ſides, doth give them much eaſe: The ſame applied with ſome Roſewater and Oyl of Roſes to the Temples and forehead, eaſeth the Head-ach though it be of long continuance. The freſh leaves boyled in wine, and old filthy Ulcers that are hard to be cured waſhed therewith, doth wonderfully help to cleanſe and heal them, it alſo quickly healeth green wounds as alſo it is effectuall to heal all burnings and ſcaldings, and all kinde of exulcerations coming thereby, or by ſalt Flegm, or hot humours in other parts of the body. The juyce of the Berries, or leaves ſnuffed up into the noſe, purgeth the head and brain of thin Rheum that maketh Defluxions into the eys and noſe, and cureth the Ulcers and ſtench therein; The ſame dropped into the ears helpeth the old and running ſores of them.

Flux, Bloudy Flux, Jaundice, ſpitting Bloud, Worms, Drunkenneſs, Peſtilence, Stone, Diſeaſes, Terms provokes, Spleen, Stitch, Head ach Ulcers, Wounds, Burnings, Scaldings, Salt flegm, Rheum, ſore ears.

Thoſe

Those that are troubled with the Spleen shall finde much ease by continual drinking out of a cup made of Ivy, so as the drink may stand some small time therein before it be drunk. Cato saith, that wine put into such a cup will soak through it, by reason of the Antipathy that is between them.

There seems to be a very Antipathy between Wine and Ivy, for if any have got a surfet by drinking Wine, his speedieſt cure is to drink a draught of the same Wine wherein a handfull of Ivy Leaves, being first bruised have been boyled.

Kidneywort, or Wall-Penyroyal.

Descri-ption. THis hath many thick, flat, and round Leaves growing from the Root, every one having a long foot-stalk fastned underneath about the middle of it, and a little unevenly waved sometimes about the edges, of a pale green colour, and somewhat hollow on the upper side like a Sawcer; from among which rise one, or more tender smooth hollow stalks, half a foot high with two or three small Leaves thereon, usually not round as those below, but somewhat long, and divided at the edges: the tops are sometimes divided into long branches, bearing a number of flowers, set round about a long spike one above another, which are hollow and like a little bell, of a whitish green colour, after which come small heads containing very small browniſh seed, which falling on the ground, will plentifully spring up before Winter, if it have moisture. The Root is round and most usually smooth, grayish without, and white within, having small fibres at the head of the Root, and bottom of the stalk.

Place. It groweth very plentifully in many places of this Land, but especially in all the West parts thereof, upon stone and mud walls, upon Rocks also, and in stony places upon the ground, at the bottom of old Trees, and sometimes on the bodies of some that are decayed and rotten.

Time. It usually flowereth in the beginning of May, and the seed is ripening quickly after, sheddeth it self: so that about the end of May usually, the Leaves and stalks are withered, dry, and gone untill September, that the Leaves spring up again, and so abide all winter.

Virtues and Use. The juyce, or the distilled water being drunk is very effectual for all Inflammations and unnatural heats, to cool a fainting hot stomach, or a hot Liver, or the bowels: the bruised Herb, or the place bathed with the juyce, or distilled water thereof and outwardly applied healeth Pimples, Redness, S. Anthonies fire, and other outward heats and Inflammations. The said juyce, or water helpeth much also to heal sore Kidneys, torn, or fretted by the Stone, or exulcerated within, and easeth the pains; it also provoketh

Inflammations, Pimples, Redness, S. Anthonies fire, Kidneys hurt by the stone,

Diuretick, dropsie, stone, bloody flux, Piles, Hemorrhoids, Gout, sciatica, Cods, Kings Evil, kibes, chilblains.

voketh urine, and is available for the Dropsie, and helpeth to break the stone, cooling the inflamed parts, and other pains of the bowels, and the bloudy flux; it is singular good to cool the painfull Piles, or hemorrhoidal veins, the juyce being used as a Bath unto them, or made into an Ointment: it is no less effectual to give ease of pains to the hot Gout, the Sciatica, and the inflammations and swellings in the Cods; it helpeth the kernels or knots in the neck or throat, called the Kings Evil; healeth Kibes and Chilblains if they be bathed with the juice, or anointed with an Ointment made thereof, and some of the skin of the leaf laid upon them: it is also used in green wounds to stay the bloud, and to heal them quickly.

Venus challengeth the Herb, under Libra.

Knapweed.

Descri-ption. THe common sort hereof hath many long and somewhat broad dark green Leaves rising from the Root deeply dented about the edges, and sometimes a little rent or torn on both sides in two or three places, and somewhat hairy withall, among which riseth up a strong round stalk four or five foot high, divided into many branches; at the tops whereof stand great scaly green heads, and from the middle of them thrust forth a number of dark purplish red thrums or threds, which after they are withered and past, there is found divers black seeds, lying in a great deal of Doun, somewhat like unto a Thistle-seed, but smaller; the Root is white, hard, and woody, with divers fibres annexed thereunto, which perisheth not but abideth with Leaves thereon all the Winter, shooting out fresh every Spring.

Place. It groweth in most fields and meadows, and about their borders and hedges, and in many waste grounds also, almost every where.

Time. It usually flowreth in June and July, and the seed is ripe shortly after.

Fluxes, bleeding, veins, broken, Phtisick, falls blows, ruptures, sores, cankers, fistulaes, scabby heads, sore throat, Uvula Jaws.

Virtues and Use. This Knapweed helpeth to stay fluxes, both of bloud at the mouth or nose, or other outward parts, and those veins that are inwardly broken, or inward wounds, as also the fluxes of the belly; it stayeth the distillations of thin and sharp humours from the head upon the stomach and Lungs: it is good for those that are bruised by any fall, blows, or otherwise. It is very profitable for those that are burtten and have a rupture, by drinking the decoction of the herb and roots in wine, and applying the same outwardly to the place. It is singular good in all running sores, cankrous and fistulous, drying up the moisture, and healing them up gently, without sharpness; it doth the like to running sores or scabs of the head or other parts. It is of special use for the soreness of the throat, swelling of the Uvula and Jaws; and excellent

good

good to ſtay the bleeding and heal up all green wounds.

Saturn challengeth the Herb for his own.

Knot-graſs.

Deſcription. THis is generally ſo well known that it needeth no deſcription.

Place. It groweth in every County of this Land, by the high-way-ſides, and by foot-paths in the fields, as alſo by the ſides of old walls.

Time. It ſpringeth up late in the Spring, and abideth untill Winter, when all the branches periſh.

Virtues and Uſe. The juyce of the common kinde of Knot-graſs, is moſt effectual to ſtay bleeding at the mouth, being drunk in ſteeled, or red Wine: and the bleeding at the noſe, to be applied to the forehead and Temples, or to be ſquirted up into the noſtrils. And no leſs effectual to cool and temper that heat of the bloud, and ſtomach, and to ſtay any flux of the bloud or humours, as Laſk, bloudy flux, womens Courſes, and running of the Reins. It is ſingular good to provoke Urine, help the Strangury, and allay the heat that cometh thereby; and it is powerfull by Urine to expell the Gravel or ſtone in the Kidneys, or Bladder, a dram of the pouder of the Herb being taken in Wine for many dayes together: being boyled in Wine and drunk, it is profitable to thoſe that are ſtung, or bitten by venomous Creatures, and very effectual to ſtay all Defluxions of rheumatick humours upon the ſtomach, and killeth Worms in the belly or ſtomach, quieteth inward pains that ariſe from the heat, ſharpneſs and corruption of bloud and Choller: the diſtilled water hereof taken by it ſelf, or with the pouder of the Herb or ſeed, is very effectual to all the purpoſes aforeſaid, and is accounted as one of the moſt ſovereign remedies to cool all manner of Inflammations, breakings out through heat, hot Swellings and Impoſthumations, Gangreens, and fiſtulous Cankers, or foul filthy Ulcers, being applied, or put into; but eſpecially for all ſorts of Ulcers and ſores happning in the privy parts of men or women. It helpeth all freſh and green Wounds, and ſpeedily helpeth them: the juyce dropped into the ears, cleanſeth them being foul, and having running matter in them.

Bleeding, heat, flux, bloudy flux, Courſes ſtops, Diſury, Gravel, venomous beaſts; pains, worms, heat.

Choller, Inflammation, Apoſthumes, Gangreens, Fiſtulaes, Cankers Ulcers, wounds, ears.

Saturn ſeems to me to own the Herb, and yet ſome hold the Sun, out of doubt it is Saturn, it is very prevalent for the premiſes; as alſo for broken joynts and ruptures.

Ladies Mantle.

Deſcription. THis hath many Leaves riſing from the Root ſtanding upon long hairy foot-ſtalks, being almoſt round, but a little cut in on the edges, into eight,

or ten parts more or less, making it seem like a star, with so many corners and points, and dented round about, of a light green colour, somewhat hard in handling, and as if it were folded, or plaited at first, and then crumpled in divers places, and a little hairy as the stalk is also, which riseth up among them to the height of two or three foot, with such like Leaves thereon, but smaller, and being weak is not able to stand upright, but bendeth down to the ground divided at the top into two or three small branches, with small yellowish green heads, and flowers of a whitish colour, breaking out of them; which being past, there cometh small yellow seed like Poppy-seed: the Root is somewhat long and black with many strings or fibres thereat.

Place. It groweth naturally in many pastures, and wood-sides, in Hertfordshire, Wiltshire, and Kent; and other places of this Land.

Time. It flowereth in May and June, and abideth after seed-time green all the Winter.

Inflammations, bleeding, vomiting, fluxes, bruises, ruptures, flagging breasts, women with childe.

Virtues and Use. Ladies Mantle is very proper for those wounds that have Inflammations, and is very effectual to stay bleedings, vomitings, fluxes of all sorts in man or woman, and bruises by a fall or otherwise, and helpeth ruptures, and such women or maids as have over-great flagging breasts, causing them to grow less and hard, being both drunk, and outwardly applied: the distilled water drunk for twenty days together helpeth Conception, and to retain the birth, if the woman do sometimes also sit in a Bath made of the Decoction of the Herb. It is one of the most singular wound Herbs that is, and therefore highly prized and praised by the Germans, who use in all wounds inward and outward to drink the Decoction thereof, and wash the wounds therewith, or dip Tents therein and put them into the wounds, which wonderfully drieth up all humidity of the sores, and abateth Inflammations therein. It quickly healeth all green wounds, not suffering any corruption to remain behinde, and cureth old sores though fistulous and hollow.

Venus claims the Herb as her own.

Lavender.

Head, brains, apoplexy, falling-sickness, lethargy, cramps, convulsion, Palsy head and shaking.

THis is so well known, being an inhabitant almost in every Garden, that it needeth no description.

Time. It flowereth about the end of June and beginning of July.

Virtues and Use. Lavender is of special good use, for all the griefs and pains of the head and brains that proceed of a cold cause, as the Apoplexy, Falling-sickness, the drowsie or sluggish malady, Cramps, Convulsions, Palsies, and often faintings. It strengthneth the stomach, and freeth the Liver and Spleen from Obstructions, provoketh womens Courses and expelleth

the

the dead childe and after-birth. The flowers of Lavender ſteeped in Wine helpeth them to make water that are ſtopped, or are troubled with the Winde or Cholick, if the places be bathed therewith. A Decoction made with the flowers of Lavender, Horehound, Fennel, and Aſparagus roots, and a little Cinnamon is very profitably uſed to help the falling-ſickneſs, and the giddineſs and turning of the brain. To gargle the mouth with the Decoction thereof is good againſt the tooth-ach. Two ſpoonfuls of the diſtilled water of the flowers taken, helpeth them that have loſt their voice; as alſo the tremblings and paſſions of the heart, and faintings, and ſwoonings, not onely being drunk, but applied to the Temples, or Noſtrils to be ſmelt unto, but it is not ſafe to uſe it where the body repleat with bloud and humours, becauſe of the hot and ubtil ſpirits wherewith it is poſſeſſed. The Chimical Oyl drawn from Lavender, uſually called Oyl of Spike, is of ſo fierce and piercing ſpirits that it is cautiously to be uſed: ſome few drops being ſufficient to be given with other things either for inward or outward griefs.

Stomach, Liver, Spleen, Terms provokes, Cholick, vertigo, Loſs of voice, trembling fainting.

Mercury owns the herb, and it carries its effects very potently.

Lavender Cotton hath the ſame virtues with Southernwood, which ſhall be ſhewed you when I come to ſpeak of it.

Lettice.

THis is ſo well known being generally uſed as a Salat herb, that it is altogether needleſs to write any deſcription thereof.

Virtues and Uſe. The juyce of Lettice mixed or boiled with Oyl of Roſes, and applied to the forehead and Temples procureth ſleep, and eaſeth the head-ach, proceeding of an hot cauſe, being eaten boiled, it helpeth to looſen the belly. It helpeth digeſtion, quencheth thirſt, increaſeth milk in Nurſes, eaſeth griping pains of the ſtomach or bowels, that come of Choller. It abateth bodily luſt, repreſſeth venereus dreams, being outwardly applied to the Gods with a little Camphire: applied in the ſame manner to the Region of the Heart, Liver, or Reins, or by bathing the ſaid place with the juyce or diſtilled water, wherein ſome white Sanders and red Roſes are put alſo, it not onely repreſſeth the heat and inflammation therein, but comforts and ſtrengthens thoſe parts, and alſo tempereth the heat of urine. Galen adviſeth old men to uſe it with Spices, and where Spices are wanting to add Mints, Rockets, and ſuch like hot herbs, or elſe Citron, Limmon, or Orange-ſeeds, to abate the cold of one, and heat of the other. The ſeed and diſtilled water of the Lettice work the like effects in all things: but the uſe of Lettice is chiefly forbidden to thoſe that are

Watching, head-ach indigeſtion, thirſt, milk increaſeth, choller, bowels Luſt, venereous dreames, Inflammation, heat of urine.

short-winded, or have any imperfection in their Lungs, or spit bloud.

The Moon owns them, and that is the reason they cool and moisten what heat and driness Mars causeth, because Mars hath his fall in Cancer, and they cool the heart, because the Sun rules it, between whom and the Moon is a Reception in the Generation of Man, as you may see in my Guide for Women.

The Water-Lilly.

Description. OF these there are two principally noted kindes, viz. The white and the yellow.

The white Lilly hath very large, round and thick dark green Leaves lying on the water, sustained by long and thick footstalks, that rise from a great thick, round and long tuberous black Root, spungy or loose, with many knobs thereon like eys, and whitish within, from amidst the which rise other the like thick and great stalks, sustaining one large white flower thereon, green on the outside, but as white as Snow within, consisting of divers rows of long, and somewhat thick and narrow Leaves, smaller and thinner the more inward they be, incompassing a head within with many yellow threds, or thrums in the middle, where after they are past, stand round Poppy-like heads, full of broad, oyly, and bitter seed.

The yellow kinde is little different from the former, save onely it hath fewer Leaves on the flowers, greater and more shining seed, and a whitish Root, both within and without: the Roots of both being somewhat sweet in taste.

Place. They are found growing in great pools and standing waters, and sometimes in slow running Rivers and lesser Ditches of water, in sundry places of the Land.

Time. They flower most commonly about the end of May, and their seed is ripe in Aug. st.

Inflammations, agues, Virtues and Use. The Leaves and flowers of the Water-Lillies are cold and moist, but the Root and seed is cold and dry; the Leaves do cool all inflammations, and both outward and inward heats of Agues, and so doth the flowers also, either by the Syrup or Conserve; the Syrup helpeth much to procure rest, *watching, Frenzie,* and to settle the brains of frantick Persons, by cooling the hot distemperature of the head. The seed as well as the root is effectual to stay fluxes of bloud or humours, either of wounds or of the belly; but the *flux, belly,* Roots are most used, some chusing the one, and some the other to be more effectual to cool; binde, and restrain all fluxes in man or woman, as also the running of the Reins, and the passage away of the seed when *running of the Reins, venery,* one is asleep: but the frequent use hereof extinguisheth venereous actions: the Root is likewise very good for those whose urine is hot and sharp to be boiled in

Wine

Wine or Water, and the Decoction drunk. The distilled water of the flowers is very effectual for all the diseases aforesaid, both inwardly taken, and outwardly applied, and is much commended to take away freckles, spots, sun-burn, and morphew from the face, or other parts of the body. The Oyl made of the flowers, as Oyl of Roses is made, is profitably used to cool hot tumours, and the inflammations of ulcers and wounds, and to ease the pains, and help the sores.

Freckles, spots, sun-burn, morphew.

The herb is under the dominion of the Moon, and therefore cools and moistens like the former.

Liquoris.

Description. Our English Liquoris riseth up with divers woody stalks, whereon are set at several distances, many narrow long green Leaves, set together on both sides of the stalk, and an odd one at the end, very well resembling a young Ash-tree sprung up from the seed: this by many years continuance in a place without removing, and not else, will bring forth flowers, many standing together spike-fashion one above another upon the stalks, of the form of Pease-blossoms, but of a very pale blue colour, which turn into long, somewhat flat and smooth Rods, wherein is contained small, round, hard seed: the Root runneth down exceeding deep into the ground, with divers other smaller roots and fibres growing with them, and shoot out suckers from the main Roots all about, whereby it is much increased, or a brownish colour on the outside, and yellow within.

Place. It is planted in fields and Gardens in divers places of this Land, and therefore good profit is made.

Virtues and Use. Liquoris boiled in fair water with some Maidenhair and figs, maketh a good drink for those that have a dry Cough, or hoarseness, wheesing, shortness of breath; and for all the griefs of the breast and lungs, Phtisick, or Consumptions caused by the distillation of sale humours on them. It is also good in all pains of the Reins, the strangury, and heat of urine: the fine pouder of Liquoris blown through a Quil into the eys that have a Pin and Web (as they call it) or rheumatick distillations into them, doth cleanse and help them: the juyce of Liquoris is as effectual in all the diseases of the breast and lungs, the Reins and Bladder, as the Decoction. The juyce dissolved in Rose-water with some Gum-Tragacanth, is a fine licking medicine for hoarseness, wheesings, &c.

Cough, hoarseness, phisicks, consumption, reins, strangury, heat of urine, Eys, bladder.

Liverwort.

Description. The common Liver-wort groweth close, and spreadeth much upon the ground in moist and shadowy places, with many sad green Leaves, or rather

(as it were) sticking flat one to another, very unevenly cut in on the edges, and crumpled, from among which arise small slender stalks an inch or two high at most, bearing small star-like flowers at the tops: the Roots are very fine and small.

Liver, inflammation, yellow jaundice, spleen, running of the Reins, whites, tetters, ring-worms, Surfets.

Virtues and Use. It is a singular good herb for all the diseases of the Liver, both to cool and cleanse it, and helpeth the inflammations in any part, and the yellow Jaundice likewise: being bruised and boiled in small Beer and drunk, cooleth the heat of the Liver and Kidneys, and helpeth the running of the Reins in men, and the whites in women: it is a singular remedy to stay the spreading of Tetters, Ring-worms, and other fretting and running sores and scabs, and is an excellent remedy for such whose Livers are corrupted by surfets, which causeth their bodies to break out, for it fortifies the Liver exceedingly, and makes it impregnable.

It being under the command of Jupiter, and under the sign Cancer.

Loose-strife, or Willow-herb.

Description. The common yellow Loosestrife groweth to be four or five foot high or more, with great round stalks a little crested, diversly branched from the middle of them to the tops, into great and long branches, on all which at the joynt there grow long and narrow Leaves, but broader below, and usually two at a joynt, yet sometimes three or four somewhat like Willow Leaves, smooth on the edges, and of a faint green colour from the upper Joynts of the branches, and at the tops of them also stand many yellow flowers of five Leaves a piece, with divers yellow threds in the middle, which turn into small round heads, containing small cornered seed: the Root creepeth under ground, almost like Couchgrass, but greater, and shooteth up every Spring, brownish heads, which afterwards grow up into stalks: it hath no scent nor taste but onely astringent.

Place. It groweth in many places of this Land in moist meadows, and by water-sides.

Time. It flowreth from June to August.

Bleeding flux, bloudy flux, vermin, stops wounds, sore mouth, privities, Gnats.

Virtues and Use. This herb is good to stay all manner of bleeding at mouth or nose, or wounds, and all fluxes of the belly, and the bloudy flux, given either to drink, or taken by Clister: it stayeth also the abundance of womens Courses: it is a singular good wound-herb for green wounds, to stay the bleeding, and quickly to close together the lips of the wound, if the herb be bruised and the Juyce onely applied: it is often used in Gurgles for sore mouths, as also to the secret parts: the smoke hereof being burned driveth away Flies and Gnats which use in the night-time to molest people inhabiting near marishes, and in the Fenny Countries.

Temperature Loose-

Looſ-ſtrife, with Spiked heads of Flowers.

Deſcri-ption. THis groweth with many woody ſquare ſtalks, full of joynts about three foot high at leaſt, at every one whereof ſtand two long Leaves, ſhorter, narrower, and of a deeper green colour than the former; and ſome browniſh. The ſtalks are branched into many long ſtemmes of ſpiked flowers, half a foot long, growing in Rundles one above another, out of ſmall Huſks very like the Spiked heads of Lavender, each of which flowers have five round pointed Leaves of a purple Violet colour, or ſomewhat inclining to redneſs, in which Huſks ſtand ſmall round heads, after the flowers are fallen, wherein is contained ſmall ſeed: the Root creepeth under ground like unto the yellow, but is greater than it; and ſo is the heads of the Leaves when they firſt appear out of the ground and more brown than the other.

Place. It groweth uſually by Rivers, and Ditches ſides in wet grounds, as about the Ditches at and near Lambeth: and in many other places of this Land.

Time. It flowereth in the Moneths of June and July.

Virtues and Uſe. This Herb is no whit inferiour unto the former; it having not onely all the virtues which the former hath, but ſome particular virtues of its own found out by experience, as namely.

The diſtilled water is a preſent remedy for hurts and blows on the eys, and for blindneſs, ſo as the Chriſtalline humour be not periſhed or hurt; and this hath been ſufficiently proved true by the experience of a man of judgement, who kept it long to himſelf as a great ſecret. It alſo cleareth the eys of duſt, or any other thing gotten into them, and preſerveth the ſight: it is alſo very much available againſt Wounds and Thruſts, being made into an Oyntment on this manner; to every ounce of the water, and two drams of May-butter without Salt, and of Sugar, and Wax of each as much alſo, let them boyl gently altogether: let Tents be dipped in the liquor that remaineth after it is cold, and put into the wounds, and the place covered with a Linnen cloath, doubled and anointed with the Oyntment, and this is alſo an approved Medicine. It likewiſe cleanſeth and healeth all foul Ulcers and Sores whereſoever, and ſtayeth their Inflammations by waſhing them with the water, and laying on them a green Leaf or two in the Summer, or dry Leaves in the Winter. This water gargled warm in the mouth, and ſometimes drunk alſo doth cure the Quinſie, or Kings Evil in the Throat. The ſaid water applied warm taketh away all Spots, Marks, and Scars in the ſkin: And a little of it drunk quencheth thirſt when it is extraordinary.

Eys, Blindneſs, wounds, Ulcers, Inflammations, quinſie, Kings Evil, Spots, Marks, Scars.

The Herb is an Herb of the Moon, and under the

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sign Cancer, neither do I know a better preserver of the sight when it is well, nor a better Curer of sore eyes than eye-bright taken inwardly, and this used outwardly, it is cold in quality.

Lovage.

Descri-ption. THis hath many long and great stalks, of large winged Leaves divided into many parts like Smallage, but much larger and greater, every Leaf being cut about the edges broadest forwards, and smallest at the stalk, of a sad green colour, smooth and shining, from among which rise up sundry strong hollow green stalks, five or six foot, yea, sometimes seven or eight foot high, full of joynts, but lesser Leaves set at them than grow below, and with them toward the tops come forth long branches, bearing at their tops large umbels, of yellow flowers, and after them flat brownish seed: the Root groweth thick, great and deep spreading much and enduring long, of a brownish colour on the outside, and whitish within: the whole Plant, and every part of it smelleth strong, and Aromatically, and is of an hot sharp biting taste.

Place. It is usually planted in Gardens, where if it be suffered it groweth huge and great.

Time. It floweth in the end of July, and seedeth in August.

Virtues and Use. It openeth, cutteth and digesteth humours, and mightily provoketh womens Courses and Urine. Half a dram at a time of the dried Root in Powder taken in Wine, doth wonderfully warm a cold stomach, helping digestion, and consuming all raw and superfluous moisture therein; easeth all inward gripings and pains, dissolveth winde, and resisteth Poyson and infection; it is a known and much practised remedy to drink the Decoction of the Herb for any sort of Ague, and to help the pains and torments of the body and bowels coming of cold. The seed is effectual to all the perposes aforesaid (except the last) and worketh more powerfully. The distilled water of the Herb helpeth the Quinsie in the Throat, if the Mouth and Throat be gargled and washed therewith, and helpeth the Pluritie, being drunk three or four times. Being dropped into the eys it taketh away the redness, or dimness of them, it likewise taketh away Spots, or Freckles in the face. The Leaves bruised and fried with a little Hogs Lard, and laid hot to any Botch, or Boyl, will quickly break it.

humours, Terms provokes, dimness, Cold stomach, Indigestion, Winde, Poyson, Epimedical diseases, Agues, Belly ach, Quinsie, pleurisie, Spots, Freckles, Boils,

It is an Herb of the Sun under the sign Taurus, if Saturn offend the Throat (as he always doth if he be occasioner of the Malady, and in Taurus in the Genesis) this is your cure.

Lung-

Lungwort.

Descri-ption. THis is a kinde of Moss, that groweth on sundry sorts of Trees, especially Oaks, & Beeches, with broad grayish rough Leaves, diverslly folded crumpled, and gathed in on the edges, and sometimes spotted also, with many small spots on the upper side: it was never seen to bear any stalk, or flower at any time.

Virtues and Use. This is of great use with many Physicians to help the diseases of the Lungs, and for Coughs, Wheesings, and shortness of breath, which it cureth both in man and beast: it is very profitably put into Lotions that are taken to stay the moist humours that flow to Ulcers, and hinder their healing, as also to wash all other Ulcers in the privy parts of Man, or Woman.

Lungs, coughs, wheesings shortness of breath, Ulcers in the privities and elsewhere.

It is an excellent remedy boyled in Beer, for broken-winded horses.

Jupiter seems to own the Herb.

Madder.

Descri-ption. THe Garden Madder shooteth forth many very long, weak, four-square, reddish stalks trailing on the ground a great way, very rough, or hairy, and full of joynts; at every of those joynts come forth divers long, and somewhat narrow Leaves, standing like a Star about the stalks, rough also and hairy, toward the tops whereof come forth many small pale yellow flowers: after which come small round heads, green at first, and reddish afterwards, but black when they are ripe, wherein is contained the seed. The Root is not very great, but exceeding long, running down half a mans length into the ground, red and very clear while it is fresh, spreading divers ways.

Place. It is onely manured in Gardens, or larger fields for the profit that is made thereof.

Time. It flowereth towards the end of Summer, and the seed is ripe quickly after.

Virtues and Use. It hath an opening quality, and afterwards to binde and strengthen. It is an assured remedy for the yellow Jaundice, by opening the Obstructions to the Liver and Gall, and cleansing those parts: it openeth also the Obstructions of the Spleen, and diminisheth the Melancholick humour. It is available for the Palsey and Sciatica, and effectual for bruises inward or outward, and is therefore much used in Vulnerary drinks. The Root for all those aforesaid purposes, is to be boyled in Wine, or water, as the cause requireth, and some Honey, or Sugar put thereunto afterwards. The seed hereof taken with Vinéger and Honey, helpeth the swellings and hardness of the Spleen. The Decoction of the Leaves and branches is a good fomentation for Women to sit over, that have not

yellow Jaundice Obstructions of the Liver and Gall, Spleen Melancholly, Palsey, Sciatica, Bruises inward and outward,

Terms provokes, Freckles, Morphew Scurf.

not their Courſes. The Leaves and Roots beaten and applied to any part that is diſcoloured with Freckles, Morphew, the white Scurf, or any ſuch deformity of the ſkin, cleanſeth them throughly, and taketh them away.

Maidenhair.

Deſcription. Our common Maidenhair doth from a number of hard black Fibres ſend forth a great many blackiſh ſhining brittle ſtalks, hardly a ſpan long; in many not half ſo long, on each ſide ſet very thick with ſmall, round, dark, green Leaves, and ſpotted on the back of them like other Ferns.

Places. It groweth much upon old ſtone walls in the Weſt parts, and Wales, in Kent, and divers other places of this Land; it joyneth likewiſe to grow by Springs, Wells, and Rocky moiſt and ſhadowy places; and is always green.

Wall-Rue; or ordinary white Maidenhair.

Deſcription. This hath very fine pale green ſtalks, almoſt as fine as hairs, ſet confuſedly with divers pale green Leaves on very ſhort foot-ſtalks, ſomewhat near unto the colour of Garden Rue, and not much differing in form, but more diverſly cut in on the edges, and thicker, ſmooth on the upper part, and ſpotted finely underneath.

Place. It groweth in many places of this Land, as at Dartford, and the Bridge at Aſhford in Kent, at Beconſfield in Buckinghamſhire, at Wolley in Huntingtonſhire, on Framingham Caſtle in Suffolk, on the Church walls at Mayfield in Suſſex, in Somerſet-ſhire and divers other places of this Land, and is green in Winter as well as in Summer.

Virtues and Uſe. The virtues of both theſe are ſo near alike; that although I have deſcribed them, and their places of growing, ſeverally; yet I ſhall in writing the virtues of them joyn them both together: as followeth.

Cough, Shortneſs of breath, yellow jaundice, ſpleen, diſury, ſtone, terms provokes;

The Decoction of the Herb Maidenhair being drunk, helpeth thoſe that are troubled with the Cough, ſhortneſs of breath, the yellow Jaundice, diſeaſes of the ſpleen, ſtopping of Urine, and helpeth exceedingly to break the Stone in the Kidneys: (in all which diſeaſes the Wall Rue is alſo very effectual.) It provoketh womens Courſes, and ſtayeth both bleedings and Fluxes of the ſtomach and belly, eſpecially when the Herb is dry, for being green, it looſeneth the belly, and avoideth Choller and flegm from the ſtomach and Liver, it cleanſeth the Lungs, and by rectifying the bloud cauſeth

ſeth a good colour to the whole body: The Herb boyled in Oyl of Chamomel, diſſolveth knots, allayeth ſwellings and drieth up moiſt Ulcers. The Ly made thereof is ſingular good to cleanſe the head from ſcurf, and from dry and running ſores; ſtayeth the falling, or ſhedding of the hair, and cauſeth it to grow thick, fair, and well coloured; for which purpoſe ſome boyl it in wine putting ſome ſmallage ſeed thereto, and afterwards ſome Oyl. The wall Rue is as eff. &ual as Maidenhair in all diſeaſes of the head, and falling, or the recovering of hair again; and generally for all the aforementioned diſeaſes: and beſides, the pouder of it taken in drink for forty days together, helpeth the burnings in Children.

Bleedings, Fluxes, Lungs, ulcers, ſcurf, ſores, baldneſs.

Golden Maidenhair.

Deſcri-ption. TO the two former give me leave to add this, and I ſhall do no more but onely deſcribe it unto you, and for the Virtues refer you unto the former, ſith whatſoever is ſaid of them, may be alſo ſaid of this.

It hath many ſmall brownish red hairs to make up the form of leaves growing about the ground from the Root, and in the middle of them in Summer, riſe ſmall ſtalks of the ſame colour, ſet with very fine yellowiſh green hairs on them, and bearing a ſmall gold yellow head, leſſer than a wheat Corn ſtanding in a great Huſk. The Root is very ſmall and threddy.

Place It groweth on Bogs and Moorish places, and alſo on dry ſhadow places at Hamſtead-heath and elſewhere.

Mallows, and Marſh-Mallows.

THe common Mallows are generally ſo well known, that they need no Deſcription

Our common Marſh-Mallows have divers ſoft hoary white ſtalks riſing to be three or four foot high, ſpreading forth many branches, the leaves whereof are ſoft and hairy, ſomewhat leſſer than the other Mallow leaves, but longer pointed, cut (for the moſt part) into ſome few diviſions, but deep: The flowers are many, but ſmaller alſo than the other Mallows, and white, or tending to a bluſh colour. After which come ſuch like round caſes and ſeed as in the other Mallows. The Roots are many & long, ſhooting from one head of the bignes of a thumb, or finger, very pliant, tough, and bending like Liquoris, of a whitiſh yellow colour on the outſide, and more white within: full of a ſlimy juyce which being laid in water will thicken it, as if it were gelly.

Place. The common Mallows grow in every Countrey of this Land.

The common Marsh-Mallows in most of the salt Marshes from Woolwich down to the Sea, both on the Kentish and Essex shoares and in divers other places of this Land.

Time. They flower all the Summer Moneths, even untill they pull them down.

Vir[illegible] leaves of either of the sorts abov[illegible] roots also boyled in wine, or wate[illegible] Parsley, or Fennel Roots, doth help to [illegible] dy, and is very convenient in hot Agues, or other distempers of the body to apply the leaves so boyled warm to the belly; it not onely voideth hot Chollerick and hot offensive humours, but easeth the pains and torments of the belly coming thereby; and are therefore used in all Clysters conducing to those purposes: The same used by Nurses, procureth them store of milk.

Agues, Choller, Gripings in the Belly, Milk.

The Decoction of the seed of any of the common Mallows, made in milk or wine, doth marvellously help excoriations, the Phthisick, Pluritie, and other diseases of the Chest and Lungs that proceed of hot causes, if it be continued taking for some time togesher: The Leaves & Roots work the same effects: They help much also in the excoriations of the Guts and Bowels, and hardness of the Mother, and in all hot and sharp diseases thereof. The juyce drunk in wine, or the Decoction of them therein doth help Women to a speedy and easie delivery. Pliny saith, That whosoever shall take a spoonful of any of the Mallows, shall that day be free from all diseases that may come unto him; and that it is special good for the Falling-sickness. The Syrup also, and Conserve made of the flowers are very effectual for the same diseases, and to open the body being costive: The leaves bruised and laid to the eye with a little Honey taketh away the Impostumations of them. The leaves bruised, or rubbed upon any place stung with Bees, Wasps, or the like, presently taketh away the pains, redness, and swellings that rise thereupon: and Dioscorides saith, The Decoction of the leaves and roots helpeth all sorts of Poyson, so as the Poyson be presently voided by vomit. A Pultis made of the leaves boyled and bruised, whereunto some Bean or Barley flour and Oyl of Roses is an especial remedy against all hard Tumours and Inflammations of Impostumes and swellings of the Cods, and other parts, and easeth the pains of them; as also against the hardness of the Liver or Spleen, being applied to the places. The juyce of the Mallows boyled in old Oyl and applied, taketh away all roughness of the skin, as also the Scurf, Dandrif, or dry Scabs in the Head, or other parts if they be anointed therewith, or washed with the Decoction, and preserveth the hair from falling off. It is also effectual against scaldings and burnings. *S.* Anthonies fire, and all other hot, red, and painfull swellings in any part of the body. The flowers boyled in Oyl, or water (as every one is disposed) whereunto a little

Travail in Women, Falling-sickness, Bees, wasps, &c. Poyson, Hard swellings Inflammation, cods, Liver, Spleen, Roughness of the skin, scurf, Dandrif, scabby Heads, scalding, Burning, S. Anthonies fire.

little Honey and Allum is put, is an excellent Gargle to wash, cleanse, and heal any sore mouth, or throat in a short space. If the feet be bathed, or washed with the Decoction of the Leaves, Roots, and Flowers, it helpeth much the Defluction of Rheum from the head. If the head be washed therewith, it stayeth the falling and shedding of the hair. The green leaves (saith Pliny) beaten with Nitre and applied draweth out Thorns, or pricks in the flesh.

Sore Mouth & Throat.

Baldness Thorns.

The Marsh-Mallows are more effectual in all the diseases before mentioned: The leaves are likewise used to loosen the Belly gently, and in Decoctions for Clysters, to ease all pains of the body, opening the strait passages, and making them slippery, whereby the stone may descend the more easily and without pain out of the Reins, Kidneys, and Bladder, and to ease the torturing pains thereof: But the Roots are of more especial use for those purposes, as well as for Coughs, hoarseness, shortness of breath, and wheesings, being boyled in Wine, or honeyed water and drunk. The Roots and Seeds hereof boyled in Wine or Water, is with good success used by them that have Excoriations in the Guts, or the bloudy Flux, by qualifying the violence of the sharp fretting humours, easing the pains, and healing the soreness: it is profitably taken of them that are troubled with Ruptures, Cramps or Convulsions of the Sinews, and boyled in white Wine for the Impostumes of the throat, commonly called the Kings Evil, and of those Kernels that rise behinde the ears, and Inflammations, or swellings in Womens Breasts. The dried Roots boyled in Milk, and drunk is special good for the Chin-cough. Hippocrates used to give the Decoction of the Roots or the juyce thereof to drink to those that were wounded, and ready to faint through loss of bloud, and applied the same mixed with Honey and Rozin to the wounds: As also the Roots boyled in Wine, to those that had received any hurt by bruises, falls, or blows, or had any Bone, or Member out of joynt, or any swelling pain, or ach in the Muscles, Sinews, or Arteries. The Mucilage of the Roots, and of Linseed, and of Fennugreek put together, is much used in Pultises, Oyntments and Plaisters, to mollifie and digest all hard swellings, and the Inflammation of them, and to ease pains in any part of the body. The Seed either green or dry mixed with Vineger cleanseth the skin of the Morphew, and all other discolourings, being bathed therewith in the Sun.

Belly.

Stone.

Reins, Kidneys, Bladder, cough. Hoarsness, shortness of breath wheesing. Excoriation of the Guts. Ruptures, cramps, convulsions. The kings Evil. Kernels, chin-cough. worms. Bruises. Falls. Blows. Muscles.

Morphew Sunburning.

You may remember that not long since there was a raging disease called the Bloudy Flux, the Colledge of Physicians not knowing what to make of it: called it the Plague in the Guts, for their wits were at (ne plus ultra) about it. My Son was taken with the same disease and the excoriation of his Bowels was exceeding great; my self being in the Countrey was sent for up: the onely thing I gave him was Mallows bruised and boyled both in his Milk and drink, in two dayes (the blessing

of God being upon it) it cured him and I here to shew my thankfulness to God in communicating it to his Creatures, leave it to posterity.

Sweet Marjerom.

THis is so well known being an Inhabitant in every Garden, that it is needless to write any Description thereof, neither of the Winter sweet Marjerom, nor Pot Marjerom.

Place. They grow commonly in Gardens; some sorts there are that grow wilde in the Borders of Corn fields, and Pastures in sundry places of this Land but it is not my purpose to insist upon them: The Garden kindes being most used and usefull

Time. They flower in the end of Summer.

Head, stomach, Breast, Obstructions, Liver, Spleen, womb, winde,

Virtues and Use. Our common sweet Marjerom is warming and comfortable in cold diseases of the head, stomach, Sinews and other parts, taken inwardly, or outwardly applied: The Decoction thereof being drunk helpeth all the diseases of the Chest which hinder the freeness of breathing; and is also profitable for the Obstructions of the Liver and Spleen: It helpeth the cold griefs of the Womb, and the windiness thereof, and the loss of Speech, by resolution of the Tongue. The Decoction thereof made with some Pellitory of Spain, and long Pepper, or with a little Acorns, or Origanum, being drunk, is good for those that are beginning to fall into a Dropsie, for those that cannot make water, and against pains and torments in the belly, it provoketh Womens Courses if it be put up as a Pessary. Being made into Pouder and mixed with Honey, it taketh away the black marks of blows and bruises, being thereto applied. It is good for the Inflammations and watering of the eys, being mixed with fine flour and laid unto them. The juyce dropped into the ears easeth the pains and singing noise in them. It is profitably put into those Oyntments and Salves that are made to warm and comfort the outward parts, as the joynts and sinews, for swellings also and places out of joynt. The pouder thereof snuff'd up into the Nose, provoketh neezing, and thereby purgeth the brain; and chewed in the mouth draweth forth much Flegm. The Oyl made thereof is very warming and comfortable to the joynts that are stiff, and the sinews that are hard to mollifie and supple them. Marjerom is much used in all odoriferous waters, Pouders, &c. that are for Ornament, or delight.

Dropsie, Belly-ach, Terms provokes, Marks of blows, Noise in the ears.

Joynts, Sinews, swellings Neezing, Flegm.

It is an Herb of Mercury and under Aries, and is therefore an excellent remedy for the Brain and other parts of the body and minde, under the Dominion of the same Planet.

Mari-

Marigolds.

THese being so plentiful in every Garden are so well known that they need no description

Time. They flower all the Summer long, and sometimes in the Winter if it be milde.

Virtues and Use. The flowers either green, or dried are used much in Posset, broths and drinks, as a comforter of the heart and spirits, and to expell any malignant, or pestilential quality which might annoy them

Heart, Vital Spirits, Pestilence,

It is an herb of the Sun, and under Leo, they strengthen the heart exceedingly, and are very expulsive and little less effectual in the small Pox and Measles than Saffron. The juyce of Marigold leaves mixed with Vineger, and any hot swelling bathed with it, instantly giveth ease and asswageth it.

Small Pox, Measles, Hot swellings, Feavers, Pestilence.

A plaister made with the dry flowers in pouder, Hogs grease, Turpentine and Rozin, and applyed to the breast, strengthens and succours the heart infinitly in Feavers, whether pestilential, or not pestilential.

Masterwort.

Description. COmmon Masterwort hath divers stalks of winged leaves divided into sundry parts, three for the most part standing together at a small footstalk on both sides of the greater, and three likewise at the end of the stalk, somewhat broad and cut in on the edges, into three or more divisions, all of them dented about the brims, of a dark green colour, somewhat resembling the leaves of Angelica, but that these grow lower to the ground and on lesser stalks: among which rise up two or three short stalks, about two foot high and slender, with such like leaves at the joynts as grow below, but with lesser and fewer divisions, bearing Umbles of white flowers, and after them, small, thin, fat, blackish Seed, bigger than Dill Seeds: The Root is somewhat greater, and groweth rather sideways than down deep into the ground, shooting forth sundry heads which taste sharp biting on the Tongue, and is the hotest and sharpest part of the Plant, and the seed next unto it, being somewhat blackish on the outside, and smelling well.

Place. It is usually kept in Gardens with us in England.

Time. It flowreth and seedeth about the end of August.

Virtues and Use. The Root of Masterwort is better than Pepper, and very available in all cold griefs and diseases both of stomach and body, dissolving very powerfully upward and downward: It is also used in a Decoction with wine against all cold Rheums, or distillations upon the Lungs, and shortness of breath,

Cold Griefs Stomach, Winde, cold.

Rheumes, Urine, Stone, Gravel, womens Courſes, Dead childe, Mother, Dropſie, cramps, Falling-ſickneſs, cold, Poyſons, ſweat, Green wounds, Rotten Ulcers, Gout.

to be taken morning and evening; it alſo provoketh Urine, and helpeth to break the Stone, and expell the Gravel from the Kidneys, procureth Womens Courſes, and expelleth the dead birth, is ſingular good for the ſtrangling of the Mother, and other ſuch like Feminine diſeaſes. It is effectual alſo againſt the Dropſie, Cramps, and the Falling ſickneſs, for the Decoction in wine, being gargled in the mouth, draweth down much water and flegm from the brain, purging and eaſing it of what oppreſſeth it. It is of a rare quality againſt all ſorts of cold poyſon, to be taken as there is cauſe. It provoketh ſweat. But leſt the taſte hereof, or of the ſeed (which worketh to the like effect, though not ſo powerfully) ſhould be too offenſive; the beſt way is to take the water diſtilled both from the Herb and Root. The juyce hereof dropped, or Tents dipped therein, and applied either to green wounds, or filthy rotten Ulcers, and thoſe that come by invenomed weapons, doth ſoon cleanſe and heal them; or if they be bathed with the diſtilled water. The ſame is alſo very good to help the Gout coming of a cold cauſe.

It is an Herb of Mars.

Sweet Maudlin.

Deſcription. Common Maudlin have ſomewhat long and narrow leaves, ſnipped about the edges: the ſtalks are two foot high, bearing at the tops many yellow flowers ſet round together, and all of an equal height, in umbles tufts like unto Tanſy, after which flowreth ſmall whitiſh ſeed, almoſt as big as Wormſeed. The whole Herb is ſweet and bitter.

Place and Time. It groweth in Gardens, and flowreth in June and July.

Virtues and Uſe. The virtues hereof being the ſame with Coſtmary, or Alecoſt, I ſhall not trouble you to make any repetition thereof, leſt my book grow too big: but rather refer you unto Coſtmary for ſatisfaction.

The Medlar.

Deſcription. This Tree groweth near the bigneſs of the Quince Tree, ſpreading branches reaſonable large, with longer and narrower leaves than either the Apple or Quince, and not dented about the edges: At the end of the ſprigs ſtand the flowers made of five white great broad pointed Leaves, nicked in the middle, with ſome white threds alſo: after which cometh the Fruit, of a browniſh green colour, being ripe, bearing a Crown as it were on the top, which were the five green Leaves; and being rubbed off, or fallen away, the head of the fruit is ſeen to be ſomewhat hollow. The fruit is very harſh before it be mellowed

lowed, and hath usually five hard Kernels within it.

There is another kinde hereof differing nothing from the former, but that it hath some Thorns on it in several places, which the other hath not, and the Fruit is small and not so pleasant.

Time They grow in this Land; and flower in May for the most part, and bear ripe Fruit in September and October.

Virtues and Use. They are very powerfull to stay any Fuxes of bloud, or humours in man, or Woman: the Leaves have also the like quality. The Fruit eaten by Women with Childe, stayeth their longings after unusual meats, and is very effectual for them that are apt to miscarry, and be delivered before their time, to help that malady, and make them joyfull Mothers. The Decoction of them is good to gargle and wash the Mouth, Throat and Teeth, when there is any defluction of bloud to stay it, or of humours, which causeth Pains and Swellings: It is a good bath for Women to sit over that have their Courses flow too abundantly, or for the Piles when they bleed too much. If a Pultis, or Plaister be made with dried Medlars beaten and mixed with the juyce of red Roses, whereunto a few Cloves and Nutmeg may be added, and a little red Corral also, and applied to the Stomach that is given to casting, or loathing of meat, it effectually helpeth. The dried Leaves in Pouder, strewed on fresh bleeding Wounds, restraineth the bloud, and healeth up the Wound quickly: The Medlar stones made into Pouder and drunk in Wine, wherein some Parsley Roots have lien infused all night, or a little boyled, do break the Stone in the Kidneys, helping to expell it.

Fluxes

Stayeth Womens longings, hinders miscarriage, Gargle. Womens courses, Piles

Loathing of Meat or casting Bleeding, Fresh Wounds Stone in the Kidneys.

The Fruit is old Saturns, and sure a better Medicine he hardly hath to strengthen the retentive faculty; therefore it stayes womens longings, the good old Man cannot endure Womens mindes should run a gadding: Also a Plaister made of the Fruit dried before they be rotten, and other convenient things, and applied to the Reins of the back, stops miscarriage in Women with Childe.

Miscarriage.

Melilot, or Kings Claver.

Description. THis hath many green stalks, two or three foot high, rising from a tough long white Root, which dieth not every year; set round about at the joynts with small and somewhat long well smelling Leaves set three together, unevenly dented about the edges. The flowers are yellow, and well smelling also, made like other Trefoyls, but small, standing in long Spikes, one above another, for an hands breath long, or better, which afterwards turn into long crooked Cods, wherein is contained flat Seed, somewhat brown.

Place. It groweth plentifully in many places of this

this Land, as in the edg of Suffolk and in Essex, as also in Huntingtonshire, and in other places, but most usually in Corn-fields, in corners of Meadows.

Time. It flowreth in June and July, and is ripe quickly after.

Hard tumours or inflammations in the eys or elsewhere ulcers, in the head, stomach, pained, headach, winde, spleen, dimness of sight, stupidity of senses, strengthens memory, apoplexy.

Vertues and Use. Melilot boiled in Wine and applied, mollifieth all hard tumours and inflammations that happen in the eys or other parts of the body, as the fundament, or privy parts of man or woman; and sometimes the yolk of a roasted egg, or fine flour, or Poppy-seed, or Endive is added unto it: it helpeth the spreading ulcers in the head, it being washed with a Lye made thereof; it helpeth the pains of the stomach being applied fresh, or boiled with any of the aforenamed things. It helpeth also the pains of the ears, being dropped into them; and steeped in Vineger and Rose-water, it mitigateth the Head-ach. The flowers of Melilot and Chamomel are much used to be put together in Clisters to expell winde, and to ease pains; also into Pultises for the same purpose, and to assuage swellings or tumours in the spleen or other parts; and helpeth inflammations in any part of the body. The juyce dropped into the eys, is a singular good Medicine to take away any film or skin that cloudeth or dimmeth the ey-sight. The head often washed with the distilled water of the herb and flowers, or a Lye made therewith, is effectual for those that have suddenly lost their senses; as also to strengthen the memory, to comfort the head and brains, and to preserve them from pains and the Apoplexy.

French, and Dogs Mercury.

Deser. THis riseth up with a square green stalk full of joynts two foot high or thereabouts, with two Leaves at every joynt, and branches likewise from both sides of the stalk, set with fresh green Leaves somewhat broad and long, about the bigness of the Leaves of Basil finely dented about the edges: towards the tops of the stalks and branches come forth at every joynt in the male Mercury two small round green heads, standing together upon a short foot-stalk which growing ripe are the seeds not having any flower: in the female, the stalk is longer, spike-fashion, set round about with small green husks, which are the flowers made like small branches of Grapes which give no seed, but abide long upon the stalks without shedding: the Root is composed of many small fibres, which perisheth every year at the first approach of Winter, and riseth again of its own sowing, and where it once is suffered to shew it self, the ground will never want it afterwards, even both sorts of it.

Dogs

Dogs Mercury.

Deſcri- HAving deſcribed unto you that which is cal-
ption. led French Mercury, I come now to ſhew you in a deſcription this kinde alſo.

This is likewiſe of two kindes, male and female, having many ſtalks ſlenderer and lower than Mercury, and without any branches at all upon them; the male is ſet with two leaves at every joynt, ſomewhat greater than the female, but more pointed and full of veins, and ſomewhat harder in handling, of a darker green colour, and leſs dented or ſnipped about the edges: at the Joynts with the Leaves come forth longer ſtalks than the former, with two hairy round ſeeds upon them, twice as big as thoſe of the former Mercury: the taſte hereof is herby, and the ſmell ſomewhat ſtrong and virulent: the female hath much harder Leaves ſtanding upon longer footſtalks, and the ſtalk are alſo longer: from the joynts come forth ſpikes of flowers like the French female Mercury; the Roots of them both are many, and full of ſmall fibres which run under ground, and mat themſelves very much, not periſhing as the former Mercuries do, but abiding the Winter, and ſhoot forth new branches every year (for the old die down to the ground.

Place. The male and female French Mercury are found wilde in divers places of this Land; as by a village called Brookland in Romney Marſh in Kent.

The Dogs Mercury in ſundry places of Kent alſo, and elſewhere, but the female more ſeldom than the male.

Time. They flouriſh in the Summer moneths, and therein give their ſeed.

Virtues and Uſe. The Decoction of the Leaves of Mercury, or the juyce thereof in broth, or drunk with a little Sugar put to it, purgeth cholleriek and waterish humours. Hippocrates commendeth it wonderfully for womens diſeaſes; and applied it to the ſecret parts to eaſe the pains of the Mother; and uſed the Decoction of it both to procure womens Courſes, and to expell the after-birth; and gave the Decoction thereof with Mirth or Pepper, or uſed to apply the Leaves outwardly againſt the ſtrangury, and diſeaſes of the Reins and bladder. He uſed it alſo for ſore and watering eyes, and for the deafneſs and pain in the ears, by dropping the juyce thereof into them, and bathing them afterwards in white Wine.

Purgeth cholleriek humours, womens ſickneſs, mother, womens courſes, ſtrangury ſore eyes, agues, ſtegms, rheums and catarrhs, melancholly humours.

The Decoction thereof made with water and a Cock Chicken, is a moſt ſafe medicine againſt the hot fits of Agues: it alſo cleanſeth the breaſt and Lungs of flegm, but a little offendeth the ſtomach: the juyce or diſtilled water ſnuffed up into the noſtrils, purgeth the head and eyes of Catarrhs and Rheums. Some uſe to drink two or three Ounces of the diſtilled water with a little Sugar put to it, in the morning faſting, to open and purge the body of groſs viſcuous and melancholly hu-

mours. It is wonderfull (if it be not fabulous) that Dioscorides and Theophrastus do relate of it. viz. That if women use these Herbs either inwardly or outwardly for three days together after conception, and their Courses be past, they shall bring forth male or female Children, according to that kinde of Herb they use. Mathiolus saith, that the seed of both the male and female Mercury boiled with womens Wormwood and drunk, cureth the yellow Jaundice in a speedy manner: the Leaves or the juyce rubbed upon Warts taketh them away: the juyce mingled with some Vineger helpeth all running scabs, tetters, ring-worms, and the Itch. Gallen saith, that being applied in manner of a Pultis, to any swelling or inflammation, it digesteth the swelling and allayeth the inflammation; and is therefore given in Clysters to evacuate the belly from offensive humours

Yellow Jaundice warts, scabs, & setters, ring-worms, swellings, inflammations, wateriſh and melancholly humours.

The Dogs Mercury, although it be less used, yet may serve in the same manner to the same purpose to purge wateriſh and melancholick humours.

Mercury they say owns this Herb, but I rather think it is Venus, and am partly confident of it too, for I never read that Mercury ever minded womens businesses so much, I believe he mindes his study more.

Mint.

Descri-ption. OF all the kindes of Mints, the Spear-Mint or Heart-Mint, being most useful; I shall onely describe it; as followeth.

Spear-Mint hath divers round stalks, and long, but narrowish Leaves set thereon; of a dark green colour. The flowers stand in spiked heads at the tops of the branches, being of a pale bluish colour. The smell or scent hereof is somewhat near unto Basil: it increaseth by the Root under ground, as all the others do.

Place. It is an usual Inhabitant in Gardens, and because it seldom giveth any good seed, the defect is recompensed by the plentifull increase of the Root which being once planted in a Garden will hardly be rid out again.

Provokes venery, stayeth vomiting allayeth choller, impostumes, great breasts, mad dogs bitings, pains of the Ears.

Time. It flowreth not untill the beginning of August, for the most part.

Virtues and Use. Dioscorides saith, It hath an heating binding, and drying quality, and therefore the juyce taken with Vineger stayeth bleeding; it stirreth up venery or bodily lust: two or three branches thereof taken with the juyce of sowre Pomegranates stayeth the hiccough, vomiting and allayeth Choller: it dissolveth Impostumes being laid to with Barley-meal. It is good to repress the milk in womens breasts, and for such as have swollen, flagging or great breasts: applied with salt, it helpeth the biting of a mad dog; with Mead or honeyed water, it easeth the pains of the ears, and taketh away the roughness of the tongue,

being

being rubbed thereupon. It suffereth not milk to curdle in the stomach if the Leaves hereof be steeped or boiled in it before you drink it. Briefly it is very profitable to the stomach: the often use hereof is a very powerfull medicine to stay womens Courses and the Whites. Applied to the forehead or Temples, it easeth pains of the head. And is good to wash the heads of young Children therewith, against all manner of breakings out, sores or scabs therein; and healeth the chops of the Fundament. It is also profitable against poyson of venomous Creatures. The distilled water of Mints is available to all the purposes aforesaid, yet more weakly.

Good for the stomach, pains of the head, sores and scabs, chops of the fundament, poyson,

But if a spirit thereof be rightly and chimically drawn, it is much more powerfull than the Herb it self. Simeon Sethi saith, it helpeth a cold Liver, strengtheneth the belly and stomach, causeth digestion, stayeth vomit and the hiccough, is good against the gnawings of the heart, provoketh appetite, taketh away Obstructions of the Liver, and stirreth up bodily lust: but thereof too much must not be taken, because it maketh the bloud thin and wheyish, and turneth it into choller, and therefore cholleriek persons must abstain from it.

helpeth Liver & stomach, hiccough, stayeth vomiting provoketh lust, spleen, gravel, stone, & strangury comforts the head, sore mouth, ill breath pallat down,

It is a safe medicine for the biting of a mad dog, being bruised with Salt and laid thereon. The pouder of it being dried and taken after meat helpeth digestion, and those that are spleenetick: taken with wine it helpeth women in sore travell in Child-bearing; it is good against the gravel and stone in the Kidneys, and the strangury. Being smelled unto, it is comfortable for the head and memory. The Decoction thereof gargled in the mouth, cureth the gums and mouth that is sore, and mendeth an ill savoured breath: as also with Rue and Coriander, causeth the pallat of the mouth that is down to return to his place, the Decoction being gargled and held in the mouth.

The Vertues of the wilde or Horse-Mints, such as grow in ditches (whose description I purposely omitted in regard they are well enough known) are especially to dissolve winde in the stomach, to help the Chollick, and those that are short-winded, and an especial remedy for those that have venerious dreams and pollutions in the night being outwardly applied to the Testicles or Cods. The juyce dropped into the ears easeth the pains of them, and destroyeth the worms that breed therein. They are good against the venomous biting of Serpents. The juyce laid on warm helpeth the Kings Evil, or kernels in the throat: the Decoction or distilled water helpeth a stinking breath proceeding from the corruption of the teeth: and snuffed up into the nose purgeth the head. Pliny saith, that eating of the Leaves hath been found by experience to cure the Lepry, and applying some of them to the face; and to help the Scurf or Dandrif of the Head used with Vineger.

Wind, venerial dreams, & nightly pollutions, Ears pained, biting of Serpents, Kings Evil, stinking breath, Lepry, Dandrif,

They

They are extreme bad for wounded people and they say a wounded man that eats Mints his wound will never be cured, and that is a long day.

Misselto.

Deſcription. THis riſeth up from the branch or arm of the tree whereon it groweth, with a woody ſtem, parting it ſelf into ſundry branches, and they again divided into many other ſmaller twigs, interlacing themſelves one within another, very much covered with a grayiſh green Bark, having two leaves ſet at every joynt, and at the end likewiſe, which are ſomewhat long and narrow, ſmaller at the bottom, but broader toward the end: at the knots or joynts of the boughs and branches grow ſmall yelloviſh flowers, which turn into ſmall round white tranſparant berries three or four together, full of glutinous moiſture, with a blackiſh ſeed in every of them, which was never yet known to ſpring being put into the ground or any where elſe to grow.

Place. It groweth very rarely on Oaks with us, but upon ſundry other, as well Timber as fruit trees, plentifully in woods, groves, and the like through all this Land.

Time. It flowreth in the Spring-time, but the berries be not ripe until October, and abide on the branches all the winter, unleſs the Black-birds and other birds do devour them.

Virtues and Uſe. Both Leaves and Berries of Miſſelto do heat and dry, and are of ſubtil parts: the birdlime doth mollifie hard knots, tumours and impoſthumes, ripeneth and diſcuſſeth them, and draweth forth thick as well as thin humours from the remote places of the body, digeſting and ſeparating them: and being mixed with equal parts of Rozin and Wax, doth mollifie the hardneſs of the ſpleen, and healeth old Ulcers and ſores: being mixed with Sandarick, and Orpiment, it helpeth to draw off foul nails: and if Quicklime and Winelees be added thereunto it worketh ſtronger. The Miſſelto it ſelf of the Oak (as the beſt) made into pouder and given in drink to thoſe that have the falling-ſickneſs, doth aſſuredly heal them as Mathiolus ſaith, but it is fit to uſe it for forty days together. Some have ſo highly eſteemed of the Virtues hereof, that they have called it (Lignum Sanctæ Crucis,) Wood of the holy Croſs, believing it to help the Falling ſickneſs, Apoplexy, and Palſie very ſpeedily, not onely to be inwardly taken, but to be hung at their necks. Tragus ſaith, that the freſh wood of any Miſſelto bruiſed and the juyce drawn forth and dropped into the ears that have impoſthumes in them, doth help and eaſe them within few days.

Impoſthumes,

ſpleen, ulcers,

Falling-ſickneſs,

apoplexy, palſie,

Impoſthumes.

That it is under the Dominion of the Sun, I do not queſtion, and therefore to take of the wood that which grows

grows upon Oaks participates something of the nature of Jupiter, because an Oak is one of his trees; as also that which grows upon Pear-trees and Apple-trees, participates something of the nature, because he rules the trees, and it draws sap from the trees it grows upon having no Root of its own, but why that should have most virtues that grows upon Oaks, I know not, unless because it is rarest, and hardest to come by, and our Colledges opinion is in this contrary to the Scripture, which saith, Gods tender mercies are over all his works, and so it is, let the Colledg of Physicians walk as contrary to him as they please, and that is as contrary as the East is to the West. Clusius affirms that which grows upon Pear-trees to be as prevalent, and gives order that it should not touch the ground after it is gathered, and also saith, that being hung about the neck it remedies Witchcraft.

Money-wort, or Herb Two-pence.

Descri-ption. THe common Money-wort sendeth forth from a small threddy Root divers long, weak, and slender branches lying and running upon the ground two or three foot long or more, set with Leaves two at a joynt one against another at equal distances, which are almost round, but pointed at the ends, smooth and of a good green colour: at the joynts with the Leaves from the middle forward come forth at every joynt sometimes one yellow flower, and sometimes two standing each on a small footstalk, and made of five Leaves, narrow, and pointed at the ends, with some yellow threds in the middle: which being past, there stand in their places small round heads of seed.

Place. It groweth plentifully in almost all places of this Land; commonly in moist grounds by hedg-sides, and in the middle of grassie fields.

Time. They flower in June and July, and their seed is ripe quickly after.

Virtues and Use. Money-wort is singular good to stay all fluxes in men or women, whether they be Laskes, bloudy fluxes, the flowing of womens Courses, bleedings inwardly or outwardly, and the weakness of the stomach that is given to casting. It is very good also for all ulcers, or excoriations of the Lungs, or other inward parts. It is exceeding good for all wounds, either fresh or green to heal them speedily; and for old ulcers that are of a spreading nature: for all which purposes the juyce of the herb, or the pouder drunk in water, wherein hot steel hath been often quenched; or the Decoction of the green herb in Wine or Water drunk; or the seed, juyce or Decoction used to the outward places to wash or bath them, or to have Tents dipped therein and put into them, are effectual. *Fluxes, ulcers, green wounds, old ulcers.*

Moon-wort.

Deſcription. THis riſeth up uſually but with one dark green thick and fat Leaf ſtanding upon a ſhort foot-ſtalk, not above two fingers breadth, but when it will flower it may be ſaid to bear a ſmall ſlender ſtalk about four or five inches high, having but one Leaf ſet in the middle thereof, which is much divided on both ſides into ſometimes five or ſeven parts on a ſide, ſometimes more, each of which parts is ſmall next the middle rib, but broad forwards and round pointed, reſembling therein an half Moon, from whence it took the name, the uppermoſt parts or diviſions being leſs than the loweſt: the ſtalk riſeth above this Leaf two or three inches, bearing many branches of ſmall long tongues, every one like the ſpiky head of Adders-tongue, of a brownish colour, which whether I ſhall call them flowers or the ſeed, I well know not: which after they have continued a while reſolve into mealy duſt: the root is ſmall and fibrous. This hath ſometimes divers ſuch like Leaves as are before deſcribed, with ſo many branches or tops ariſing from one ſtalk each divided from the other.

Place. It groweth on hills and heaths. yet where there is much graſs, for therein it delighteth to grow.

Time. It is to be found onely in April and May, for in June when any hot weather cometh for the moſt part it is withered and gone.

Womens courſes, bleeding vomiting fluxes. broken and diſjoynted Bones, green wounds.

Virtues and Uſe. Moon-wort is cold and drying, more than Adders-tongue, and is therefore held to be more available for all wounds both inward and outward: the leaves boiled in red wine and drunk ſtayeth the immoderate flux of womens Courſes, and the Whites: it alſo ſtayeth bleeding, vomitings, and other fluxes: it helpeth all blows and bruiſes, and to conſolidate all fractures and diſlocations. It is good for ruptures: but it is chiefly uſed by moſt, with other herbs to make Oyls or Balſoms to heal freſh or green wounds (as I ſaid before) either inward or outward, for which it is excellent good.

Moon-wort is an herb which they ſay will open Locks, and unſhoe ſuch Horſes as tread upon it, this ſome laugh to ſcorn, and thoſe no ſmall fools neither but Country-people that I know, call it (Unſhoe the Horſe) beſides I have heard Commanders ſay, that on White-down in Devonſhire near Teverton there was found thirty Horſ-ſhoes pulled off from the feet of the Earl of Eſſex his horſes being there drawn up in a Body, many of them being but newly ſhod, and no reaſon known, which cauſed much admiration; and the herb deſcribed uſually grows upon Heaths. The Moon owns the herb.

Moſſe

Moſſes.

I Shall not trouble the Reader with any deſcription of theſe ſith my intent is to ſpeak only of two kindes the moſt principal, viz. Ground-moſs, and Tree-moſs both which are very well known.

Place. The Ground moſs growing in our moiſt woods, and the bottoms of hills, in boggy grounds, and in ſhadowy ditches, and many other ſuch like places.

The Tree-moſs groweth onely on Trees.

Virtues and Uſe. The Ground-moſs is held to be ſingular good to break the Stone, and to excell and drive it forth by urine, being boyled in wine and drunk: the herb bruiſed and boyled in water and applied eaſeth all inflammations and pains coming of an hot cauſe; and is therefore uſed to eaſe the pains of the hot Gout. *Stone, inflammations,*

The Tree-moſſes are cooling and binding, and partake of a digeſting and mollifying quality withall, as Galen ſaith. But each Moſs doth partake of the nature of the Tree from whence it is taken, therefore that of the Oak is more binding: and is of good effect to ſtay fluxes in man or woman, as alſo vomitings or bleedings, the pouder thereof being taken in wine: the Decoction thereof in wine is very good for women to be bathed with, or to ſit in that are troubled with the overflowing of their Courſes, the ſame being drunk ſtayeth the ſtomach that is troubled with caſting, or hicecough; and as Avicenna ſaith, it comforteth the heart: the pouder thereof taken in drink for ſome time together, is thought available for the Dropſie. The Oyl of Roſes that hath had freſh Moſs ſteeped therein for a time, and after boyled and applied to the temples and forehead, doth marvellouſly eaſe the head-ach coming of a hot cauſe, as alſo the diſtillations of hot rheum or humours to the eys or other parts: the Antients much uſed it in their Ointments and other medicines againſt Laſſitude, and to ſtrengthen and comfort the ſinews. For which, if it was good then, I know no reaſon but it may be found ſo ſtill. *fluxes, vomit, bleeding, womens courſes, dropſie, Head-ach, ſinews.*

Mother-wort.

Deſcription. THis hath a hard, ſquare, browniſh, rough, ſtrong ſtalk, riſing three or four foot high at the leaſt, ſpreading into many branches, whereon grow Leaves on each ſide with long footſtalks, two at every joynt, which are ſomewhat long and broad as it were, rough, or crumpled, with many great veins therein; of a ſad green colour, and deeply dented about the edges, and almoſt divided: from the middle of the branches up to the top of them (which are very long and ſmall) grow the flowers round about them at diſtances in ſharp pointed rough hard huſks, of a more red.

red or purple colour than Balm or Horehound, but in the same manner and form as the Horehounds: after which come small round blackish seed in great plenty: the root sendeth forth a number of long strings and small fibres, taking strong hold in the ground, of a dark yellowish or brownish colour, and abideth as the Horehound doth; the smell of this being not much different from it.

Place. It groweth onely in Gardens with us in England.

Swoonings, sore travel, mother, urine, womens courses, flegm, cold flegm, cramps, convulsions, melancholly vapours.

Virtues and Use. Motherwort is held to be of much use for the trembling of the heart, and in faintings and swownings, from whence it took the name Cardiaca. The pouder thereof to the quantity of a spoonful drunk in wine, is a wonderful help to women in their sore travels, as also for the suffocations or risings of the Mother: and from these effects it is likely it took the name of Motherwort with us. It also provoketh urine and womens Courses, cleanseth the Chest of cold flegm oppressing it, and killeth the worms in the belly: it is of good use to warm and dry up cold humours, to digest and disperse them that are setled in the veins, joynts, and sinews of the body, and to help Cramps and Convulsions.

Venus owns the herb, and it is under Leo, there is no better herb to drive melancholly vapours from the heart, to strengthen it, and make a merry chearful blith soul than this herb; it may be kept in a Syrup, or Conserve, therefore the Latins called it Cardiaca: besides it makes women joyful mothers of children, and settles their wombs as they should be, therefore we call it Motherwort.

Mouse-ear.

Descri-ption. THis is a low herb creeping upon the ground by small strings like the Strawberry plant, whereby it shooteth forth small Roots, whereat grow upon the ground many small and somewhat short Leaves set in a round form together, hollowish in the middle where they are broadest, of an hoary colour all over, and very hairy, which being broken, do give a white milk: from among these leaves spring up two or three small hoary stalks about a span high, with a few smaller leaves thereon; at the tops whereof standeth usually but one flower, consisting of many paler yellow leaves broad at the points, and a little dented in, set in three or four rows, the greater outermost, very like a Dandelion flower, and a little reddish underneath about the edges, especially if it grow in a dry ground: which after they have stood long in flower, do turn into Down, which with the seed is carried away with the winde.

Place. It groweth on ditch-banks, and sometimes in ditches, if they be dry and in sandy grounds.

Time.

Time. It flowreth about June and July, and abideth green all the winter.

Virtues and use. The juyce hereof taken in Wine, or the Decoction thereof drunk doth help the Jaundice although of long continuance, to drink thereof morning and evening, and abstain from other drink two or three hours after: it is a special remedy against the stone, and the tormenting pains thereof; as also other tortures and griping pains of the bowels; the Decoction thereof with Succory and Centaury, is held very effectual to help the Dropsie, and them that are inclining thereunto, and the diseases of the Spleen. It stayeth the fluxes of bloud either at the mouth or nose, and inward bleedings also, for it is a singular wound herb for wounds both inward and outward: it helpeth the bloudy flux, and stayeth the abundance of womens Courses: there is a Syrup made of the juyce hereof and Sugar by the Apothecaries of Italy, and other places, which is of much account with them, to be given to those that are troubled with the Cough or Phtisick: the same also is singular good for ruptures or burstings. The green herb bruised and presently bound to any fresh cut or wound doth quickly soder the lips thereof. And the juyce, decoction, or pouder of the dried herb, is most singular to stay the malignity of spreading and fretting Cankers and Ulcers whereseever, yea in the mouth, or secret parts: the distilled water of the plant is available to all the diseases aforesaid, and to wash outward wounds and sores, and to apply tents, or cloaths wet therein.

Jaundice
Stone, belly-ach
dropsie
flux, wounds, bloudy flux, Terms, flops,
Cough, Phtisick ruptures
Cankers, Ulcers, spreading sores.

The Moon owns the herb also, and though Authours cry out upon Alchymists for attempting to fix Quicksilver by this herb and Moon wort: a Roman would not have judged a thing by the success, if it be to be fixed at all, it is by lunar influence.

Mugwort.

Description. THe common Mugwort have divers leaves lying upon the ground, very much divided or cut deeply in about the brims, somewhat like wormwood, but much larger, of a dark green colour on the upper side, and very hoary white underneath. The stalks rise to be four or five foot high, having on it such like leaves as those below, but somewhat smaller, branching forth very much towards the top, whereon are set very small pale yellowish flowers like buttons, which fall away, and after them come small seed inclosed in round heads: the root is long and hard with many small fibres growing from it, whereby it taketh strong hold in the ground, but both stalk and leaf do die down every year, and the root shooteth a new in the Spring. The whole plant is of a reasonable good scent, and is more easily propagated by the slips, than by the seed.

Place. It groweth plentifully in many places of this Land, by the way ſides, as alſo by ſmall Water-courſes, and in divers other places

Time. It flowreth and ſeedeth in the end of Summer.

Terms provokes Birth, After-birth, Womb, inflamed, Wens, Kings Evil, Pains in the neck, Opium, Sciatica, Sinews pained, Cramp.

Virtues and Uſe. Mugwort is with good ſucceſs put among other herbs that are boyled for Women to ſit over the hot Decoction, to draw down their Courſes, to help the delivery of the birth, and expel the after-birth; as alſo for the Obſtructions and Inflammations of the Mother. It breaketh the Stone, and cauſeth one to make water where it is ſtopped: The juyce thereof made up with Myrrh and put under as a Peſſary, worketh the ſame effect, and ſo doth the root alſo, being made up with Hogs greaſe into an Ointment, it taketh away Wens and hard knots and kernels that grow about the Neck and throat, and eaſeth the pains about the neck more effectually, if ſome field Daiſies be put with it The Herb it ſelf being freſh, or the juyce thereof taken, is a ſpecial remedy upon this overmuch taking of Opium. Three drams of the Pouder of the dried leaves taken in Wine, is a ſpeedy and the beſt certain help for the Sciatica. A decoction thereof made with Chamomel and Agrimony, and the place bathed therewith while it is warm, taketh away the pains of the ſinews and the Cramp.

This is an herb of Venus, therefore maintaineth the parts of the body ſhe rules, and remedies the diſeaſes of the parts that are under her ſigns, Taurus and Libra.

The Mulberry-tree.

THis is ſo well known in the places where it groweth, that it needeth no deſcription.

Time. It beareth Fruit in the Moneths of July and Auguſt.

Binding, Fluxes, Lasks, Terms, Stops, Inflammation, Vvula, Sore mouth & Throat, Tooth-ach. bleeding,

Virtues and Uſe. The Mulberry is of different parts; the ripe Berries by reaſon of their ſweetneſs and ſlippery moiſture, opening the belly, and the unripe binding it, eſpecially when they are dried, and then they are good to ſtay Fluxes, Laſks, and the abundance of Womens Courſes. The bark of the Root killeth the broad Worms in the body. The juyce, or the Syrup made of the juyce of the berries, helpeth all Inflammations and Sores in the mouth or throat, and the Pallat of the Mouth when it is fallen down. The juyce of the leaves is a remedy againſt the biting of Serpents, and for thoſe that have taken Aconite: The leaves beaten with Vineger is good to lay on any place that is burnt with fire. A Decoction made of the bark and leaves, is good to waſh the mouth and teeth when they ach. If the Root be a little ſlit or cut, and a ſmall hole made in the ground next thereunto, in the Harveſt time, it will give out a certain juyce, which being

hard,

hardned, the next day is of good use to help the Tooth-ach, to dissolve Knots and purge the belly: The leaves of Mulberries are said to stay bleeding at mouth, or nose, or the bleeding of the Piles, or of a wound being bound unto the places. A branch of the Tree taken when the Moon is at the full, and bound to the wrist of a Womans arm, whose Courses come down too much, doth stay them in a short space. *Hemorrhoides. A curious secret.*

Mercury rules the Tree, therefore are its effects variable as his are.

Mullein.

Description. THe common white Mullein hath many fair large woolly white leaves lying next the ground, somewhat longer than broad, pointed at the ends, and as it were dented about the edges: The stalk riseth up to be four or five foot high, covered over with such like leaves, but lesser, so that no stalk can be seen for the multitude of leaves thereon up to the flowers, which come forth on all sides of the stalk, without any branches for the most part, and are many set together in a long spike, in some of a gold yellow colour, in others more pale, consisting of five round pointed leaves, which afterwards give small round heads, wherein is small brownish seed contained: The Root is long, white, and woody, perishing after it hath born Seed.

Place It groweth by the way sides, and in Lanes in many places of this Land

Time. It flowreth in July or thereabouts.

Virtues and Use. A small quantity of the Root given in wine, is commended by Dioscorides against Laks and Fluxes of the belly: The Decoction thereof drunk is profitable for those that are bursten, and for Cramps and Convulsions, and for those that are troubled with an old Cough. The Decoction thereof gargled easeth the pains of the Tooth ach: An Oyl made by the often infusion of the flowers, is of very good effect for the Piles. The decoction of the Root in red Wine, or in water (if there be an Ague) wherein red hot Steel hath been often quenched, doth stay the bloudy flux. The same also openeth Obstructions of the Bladder and Reins when one cannot make water. A Decoction of the leaves hereof, and of Sage, Marjerom and Camomil flowers, & the places bathed therewith that have sinews stark with cold, or Cramps, doth bring them much ease and comfort, Three ounces of the distilled water of the flowers drunk morning and evening for some days together is said to be the most excellent remedy for the hot Gout. The juyce of the leaves and flowers being laid upon rough Warts, as also the pouder of the dried Roots rubbed on doth easily take them away, but doth not good to smooth Warts. The pouder of the dried flowers is an especial remedy for those that are troubled with belly-achs, or *Flux, ruptures, Cramp, convulsion, cough, Tooth-ach, Hemorrhoids, Bloudy Flux, Obstructions, Reins, Bladder, Sinews. Gout, Warts, belly-ach.*

Chollick, Inflammation, Thorns, Splinters, Boils, Groyn, Diſjunctures. the pains of the Chollick. The decoction of the root, and ſo likewiſe of the leaves is of great effect to diſſolve the Tumours, ſwellings, or inflammation of the Throat. The ſeed and leaves boyled in wine, and applied, draweth forth ſpeedily thorns, or ſplinters gotten in the fleſh, eaſeth the pains, and healeth them alſo. The leaves bruiſed and wrapped in double papers, and covered with hot aſhes and embers to bake a while, and then taken forth and laid warm on any Botch, or Boyl hapning in the Groyn, or ſhare, doth diſſolve and heal them. The ſeed bruiſed and boyled in Wine, and laid on any Member that hath been out of joynt and is newly ſet again, taketh away all ſwellings and pains thereof.

Muſtard.

Deſcri- THe common Muſtard hath large and broad ption. rough leaves, very much jagged with uneven, and unorderly gaſhes, ſomewhat like Turnip leaves, but leſſer and rougher: The ſtalk riſeth to be more than a foot high, and ſometimes two foot high, being round, rough, and branched at the top, bearing ſuch like leaves thereon as grow below, but leſſer, and leſs divided; and divers yellow flowers one above another at the tops; after which come ſmall rough pods, with ſmall lank flat ends, wherein is contained round yellowiſh ſeed, ſharp hot, and biting upon the tongue: The Root is ſmall, long, and woody when it beareth ſtalks, and periſheth every year.

Place. This groweth with us in Gardens only, and other manured places.

Heats, Dries, Splinters, Thorns, Terms provokes Falling-ſickneſs, Lethargy, ſneezing. Time. It is an annual Plant, flowreth in July, and their Seed is ripe in Auguſt.

Virtues and Uſe. Muſtard ſeed hath the virtue of heating, diſcuſſing, rarefying and drawing out ſplinters of bone, and other things out of the fleſh. It is of good effect to bring down womens courſes for the Falling ſickneſs, or Lethargy, drowſie forgetful evil, to uſe it both inwardly & outwardly to rub the Noſtrils, Forehead and Temples, to warm and quicken the ſpirits, for by the fierce ſharpneſs it purgeth the brain by ſneezing, and drawing down Rheum and other Viſcuous humours, which by their diſtillations upon the Lungs and Cheſt procure coughing, and therefore with ſome honey added thereto doth much good therein. The decoction of the ſeed made in wine and drunk, provoketh urine, reſiſteth the force of poyſon, the Malignity of Muſhroms, and the venom of Scorpions, or other venomous Creatures, if it be taken in time: and taken before the cold fits of Agues, alayeth, leſſeneth, and cureth them. The ſeed taken either by it ſelf, or with other things, either in an Electuary or drink, doth mightily ſtir up bodily luſt, and helpeth the ſpleen, and pains in the ſides, and gnawing in the Bowels. And uſed as a Gargle, draweth up the Pallat of the mouth

Diſury, Poyſon, Muſhroms, venomous beaſts, Luſt provokes, Spleen,

being

being fallen down, and alſo it diſſolveth the ſwellings about the throat, if it be outwardly applied. Being chewed in the mouth, it oftentimes helpeth the Tooth-ach: The outward application hereof upon the pained place of the Sciatica, diſcuſſeth the humours and eaſeth the pains, as alſo the Gout, and other joynt aches. And is much and often uſed to eaſe pain in the ſides, or loyns, the ſhoulders, or other parts of the body, upon the applying thereof to raiſe bliſters, and cureth the diſeaſe by drawing it to the outward part of the body: It is alſo uſed to help the falling of the hair: The ſeed bruiſed, mixed with Honey and applied, or made up with Wax, taketh away the marks, and black and blue ſpots of bruiſes, or the like, the roughneſs, or ſcabbedneſs of the ſkin, as alſo the Leproſie and lowſie evil: it helpeth alſo the crick in the neck. The diſtilled water of the herb when it is in flower is much uſed to drink inwardly to help in any the diſeaſes aforeſaid, or to waſh the mouth when the Pallat is down and for the diſeaſes of the throat to gargle, but outwardly alſo for ſcabs, Itch, or other like infirmities, and cleanſeth the face from Morphew, Spots, Freckles, and other deformities.

Uvula, Sciatica, Tooth-ach, pains, Hair, Bruiſes, Black and blue ſpots, roughneſs, Leproſie Lowſie Evils, Morphew Freckles, wry, Neeks.

It is an excellent ſawce for ſuch whoſe blood wants clarifying, and for weak ſtomachs being an Herb of Mars, but nought for Chollerick people, though as good for ſuch as are aged, or troubled with cold diſeaſes, Aries claims ſomething to do with it, therefore it ſtrengthens the heart and reſiſteth poyſon, let ſuch whoſe ſtomachs are ſo weak, they cannot digeſt their meat, or appetite it, take of Muſtard-ſeed a dram, Cinnamon as much, and having beaten them to Pouder, add half as much Maſtick in Pouder, and with Gum Arabick diſſolved in Roſe-water, make it up into Troches, of which they may take one of about half a dram weight, an hour, or two before meals, let old men and women make much of this Medicine and they will either give me thanks, or manifeſt ingratitude.

Hedge-Muſtard.

Deſcription. THis groweth up uſually but with one blackiſh green ſtalk, tough, eaſie to bend, but not break, branched into divers parts, and ſometimes with divers ſtalks ſet full of branches, whereon grow long, rough, or hard rugged leaves, very much torn and cut on the edges into many parts, ſome bigger, and ſome leſſer, of a dirty green colour: The flowers are ſmall and yellow, that grow at the tops of the branches, in long ſpikes, flowring by degrees, ſo that continuing long in flower the ſtalks will have ſmall round Cods at the bottom, growing upright and cloſe to the ſtalk, while the top flowers yet ſhew themſelves; in which are contained ſmall yellow ſeed, ſharp and ſtrong, as the Herb is alſo: The Root groweth down ſlender and

and woody, yet abiding, and ſpringing again every year.

Breaſts, Lungs, Hoarſneſs, Cough, ſhortneſs of breath Jaundice, Pluriſie, Back, Loins, Belly, chollick, Poyſon, Sciatica, Gout, Joynts, fiſtulas, Ulcers, cankers, Teſticles, womens breaſts.

Place. This groweth frequently in this Land by the ways and hedge ſides, and ſometimes in the open fields.

Time. It flowreth moſt uſually about July.

Virtues and Uſe. It is ſingular good in all the diſeaſes of the Cheſt and Lungs, hoarſneſs of voyce, and by the uſe of the Decoction thereof for a little ſpace thoſe have been recovered, who had utterly loſt their voice, and almoſt their ſpirits alſo. The juyce thereof made into a Syrup, or licking Medicine with Honey or Sugar, is no leſs effectual for the ſame purpoſe and for all other Coughs, wheeſings, and ſhortneſs of breath. The ſame is alſo profitable for thoſe that have the Jaundice, the Pluriſie, pains in the back and loyns and for torments in the belly or the chollick, being alſo uſed in Clyſters. The ſeed is held to be a ſpecial remedy againſt poyſon and venom: It is ſingular good for the Sciatica, the Gout, and all joynt-aches, ſores and Cankers in the mouth, Throat, or behinde the ears: and no leſs for the hardneſs and ſwelling of the Teſticles, or of womens breaſts.

Mars owns this herb alſo.

Nep, or Catmint.

Deſcription. THe common Garden Nep, ſhooteth forth hard four-ſquare ſtalks with a hoarineſs on them, a yard high or more, full of branches, bearing at every joynt two broad leaves, ſomewhat like Balm, but longer pointed, ſofter, whiter, but more hoary, nicked about the edges, and of a ſtrong ſweet ſcent. The flowers grow in large tufts at the tops of the branches, and underneath them likewiſe on the ſtalks many together, of a whitiſh purple colour. The Roots are compoſed of many long ſtrings, or fibres, faſtning themſelves ſtrongly in the ground, and abide with green leaves thereon all the Winter.

Place. It is onely nurſed up in our Gardens.

Time. And it flowreth in July, or thereabouts.

Virtues and Uſe. Nep is generally uſed for women to procure their courſes, being taken inwardly, or outwardly, either alone, or with other convenient Herbs in a decoction to bath them, or ſit over the hot fumes thereof, and by the frequent uſe thereof it taketh away barrenneſs, and the winde and pains of the Mother. It is alſo uſed in pains of the head, coming of any cold cauſe, as Catarrhes, Rheums, and for ſwimming and giddineſs thereof, and is of eſpecial uſe for the windineſs of the ſtomach and belly. It is effectual for any Cramps, or cold aches to diſſolve the cold and winde that afflicteth the place, and is uſed for Colds, Coughs, and ſhortneſs of breath. The juyce thereof drunk in Wine is profitable for thoſe that are bruiſed by any acci-

Terms provokes, Barrenneſs, womb, winde, Mother, cough, rheums, Vertigo, cramp, cold ach difficulty

accident. The green Herb bruised and applied to the Fundament, and lying there two or three hours, easeth the pains of the Piles. The Iuyce also being made up into an Oinment, is effectual for the same purpose: The head washed with a Decoction thereof, it taketh away Scabs; and may be effectual for other parts of the body also.

of breath Bruises, Hemorroids, Scabby heads.

It is an Herb of Venus.

Nettles.

THese are so well known that they need no discription at all, they may be found by the feeling in the darkest night.

Virtues and Use. The Roots, or Leaves boyled, or the juyce of either of them, or both, made into an Electuary with Honey or Sugar, is a safe and sure Medicine to open the Pipes and passages of the Lungs which is the cause of wheesling and shortness of breath and helpeth to expectorate tough Flegm, as also to raise the impostumated Pleurisie, and spend it by sweating; The same helpeth the swelling of the Almonds of the Throat, the Mouth and Throat being gargled therewith: The juyce is also effectual to settle the Pallat of the Mouth in its place, and to heal and temper the Inflammations and soreness of the Mouth and Throat. The Decoction of the leaves in Wine being drunk is singular good to provoke Womens Courses and settle the suffocation, or strangling of the Mother, and all other diseases thereof, as also applied outwardly with a little Mirrh. The same also, or the Seed provoketh Urine, and expelleth the Gravel and Stone in the Reins or Bladder, often proved to be effectual in many that have taken it. The same killeth the Worms in Children, easeth pains in the side, and dissolveth the windiness in the Spleen, as also in the body, although others think it onely powerfull to provoke Venery. The juyce of the leaves taken two or three dayes together, stayeth bleeding at the Mouth: The Seed being drunk is a remedy against the stinging of Venomous Creatures, the biting of Mad Dogs. The Poysonfull qualities of Hemlock Henbane, Nightshade, Mandrake, or other such like Herbs that stupifie or dull the senses, as also the Lethargy, especially to use it outwardly to rub the Forehead and Temples in the Lethargy, and the places bitten or stung with beasts, with a little Salt. The distilled water of the Herb is also effectual (although not so powerfull) for the diseases aforesaid, as for outward Wounds and Sores to wash them, and to cleanse the skin from Morphew, Leprosy and other discolourings thereof: The seed or leaves bruised and put into the Nostrils, stayeth the bleeding of them, and taketh away the flesh growing in them called Polipus. The juyce of the leaves, or the Decoction of them, or of the Roots, is singular good to wash either old rotten and

Lungs, Wheesling, Shortness of breath, Pleurisies, almonds, of the Ears, Throat, Mouth, Uvula, Terms provokes, Mothers, Disury, Gravel, Worms, Spleen, Bleeding, Venomous Beasts, Mad Dogs, Hemlock, Henbane, Nightshade, Mandrakes, Lethargy, Morphew, Leprosies, Bleeding, Polipus, Ulcers

Fistulas Gangrenes, Scabs, Itch, wounds, Wearines, Disjunctures, Gout, Sciatica, Joynts.

and stinking sores, or Fistulaes and Gangrenes, and such as are fretting, eating, or corroding Scabs Maingines and Itch in any part of the body, as also green Wounds by washing them therewith, or applying the green Herb bruised thereunto, yea, although the flesh were seperated from the bones: The same applied to our wearied Members refresheth them, or to places that have been out of joynt being first set again, strengtheneth, drieth, and comforteth them, as also those places troubled with Aches and Gouts and the defluxion of humours upon the joynts of sinews it easeth the pains, and drieth or dissolveth the defluxions. An Ointment made of the juyce, Oyl, and a little Wax, is singular good to rub cold and benummed Members. An handfull of the leaves of green Nettles, and another of Wallwort, or Danewort, bruised and applied simply of themselves to the Gout, Sciatica, or joynt-aches in any part, hath been found to be an admirable help thereunto.

This also is an Herb Mars claims Dominion over, you know Mars is hot and dry, and yow know as well that Winter is cold and moist; then you may know as well the reason why Nettle tops eaten in Spring consume the Flegmatick superfluities in the body of Man, that the coldness and moisture of Winter hath left behinde.

Nightshade.

Description. Common Nightshade hath an upright, round, green, hollow stalk, about a foot or half a yard high, bushing forth into many branches whereon grow many green leaves somewhat broad and pointed at the ends, soft and full of juyce, somewhat like unto Bazil, but larger, and a little unevenly dented about the edges at the tops of the stalks and branches, come forth three or four, or more white flowers made of five smallpointed leaves apiece standing on a stalk together, one above another with yellow points in the middle, composed of four or five yellow threds set together, which afterwards turn into so many pendulous green Berries of the bigness of small Pease, full of green juyce, and small whitish round flat Seed lying within it. The Root is white, and a little woody when it hath given flower and fruit with many small Fibres at it; The whole Plant is of a waterish insipid taste, but the juyce within the Berries is somewhat viscuous, and of a cooling and binding quality.

Place. It groweth wilde with us, under old Walls, and in Rubbish, the common paths, and sides of hedges and fields, as also in our Gardens here in England without any planting.

Time. It dieth down every year, and ariseth again of its own sowing, but springeth not until the latter end of April at the soonest.

Virtues

Virtues and Use. This common Nightshade is wholly used to cool all hot Inflammations, either inwardly or outwardly, being no way dangerous to any that shall use it, as most of the rest of the Nightshades are; yet it must be used moderately: the distilled water onely of the whole Herb is fittest and safest to be taken inwardly. The juyce also clarified, and taken, being mingled with a little Vineger, is good to wash the Mouth and Throat that is inflamed: but outwardly the juyce of the Herb, or Berries with Oyl of Roses, and a little Vineger and Ceruss laboured together in a leaden Morter, is very good to anoint all hot Inflammations in the eys; it doth also much good for the Shingles, Ring-worms, and in all running, fretting, and corroding Ulcers, and in moist Fistulaes, if the juyce be made up with some Hens dung and applied thereto: A Pessary dipped in the juyce, and put up into the Matrix stayeth the immoderate Flux of womens Courses: a cloath wet therein, and applied to the Testicles, or Cods, upon any swelling therein giveth much ease, as also to the Gout that cometh of hot and sharp humours. The juyce dropped into the ears, easeth pains therein that arise of heat, or Inflammation. And Pliny saith, it is good for hot swellings under the Throat.

Inflammations.

Inflammations, Eys, Shingles, Ring-worms, Terms stops, Testicles, Gouts, Ears.

Have a care you mistake not the deadly Nightshade for this; if you know it not; you may let them both alone, and take no harm, having other Medicines sufficient in the book.

The Oak.

THis is so well known (the Timber thereof being the glorie and safety of this Nation by Sea) that it needeth no description.

Virtues and Use. The Leaves and bark of the Oak, and the Acorn Cups, do binde and dry very much; the inner bark of the Tree, and the thin skin that covereth the Acorn, are most used to stay the spitting of bloud, and the bloudy flux: the Decoction of that bark and the Pouder of the Cups, to stay vomitings, spitting of bloud, bleeding at mouth, or other flux of bloud in man, or woman, Laiks also, and the involuntary flux of natural seed. The Acorns in Pouder taken in Wine, provoketh Urine, and resisteth the poyson of venomous Creatures. The Decoction of Acorns and the bark made in milk, and taken resisteth the force of poysonous Herbs and Medicines, as also the Virulency of Cantharides, when one by eating them, hath his bladder exulcerated, and passeth bloud.

Dry, binde, spitting bloud, bloudy flux, vomiting venerious Acts, Disury, Poison venomous beasts, Cantharides, Ulcers of the bladder, Mother, Wounds.

Hippocrates saith, he used the fumes of Oak-leaves to women that were troubled with the strangling of the Mother; and Galen applied them being bruised to cure green wounds. The distilled water of the Oaken buds before they break out into Leaves, is good to be

Inflammation, flux, Peſtilence, Epidemical diſeaſes, Liver, Stone, Terms ſtops, ſcabs.

uſed either inward or outwardly, to aſſwage Inflammations, and ſtop all manner of fluxes in man or women: the ſame is ſingular good in Peſtilential and hot burning Feavers, for it reſiſteth the force of the infection, and allayeth the heat; it cooleth the heat of the Liver, breaketh the ſtone in the Kidneys, and ſtayeth womens Courſes: the Decoction of the Leaves worketh the ſame effects. The water that is found in the hollow places of old Oaks, is very effectual againſt any ſoul, or ſpreading Scab.

The diſtilled water (or Decoction which is better) of the Leaves is one of the beſt remedies that I know for the Whites in Women.

Jupiter owns the Tree.

Oats.

THeſe are ſo well known that they need no deſcription.

Stitch, windeſitch, Leproſie, Fiſtulaes, Impoſthumes, Freckles.

Virtues and Uſe. Oats fried with Bay-Salt, and applied to the ſides, takes away the pains of ſtitches, and winde in the ſides or belly: a Pultis made of the Meal of Oats, and ſome Oyl of Bays put thereto, helpeth the Itch, and the Leproſie, as alſo the Fiſtulaes of the Fundament, and diſſolveth hard Impoſthumes. The Meal of Oats boyled with Vineger and applied, taketh away Freckles and Spots in the face, or other parts of the body.

One blade.

Deſcription. THis ſmall Plant never beareth more than one Leaf, but onely when it riſeth up with his ſtalk, which thereon beareth another, and ſeldom more, which are of a bluiſh green colour, pointed, with many ribs, or veins therein, like Plantan: at the top of the ſtalk, grow many ſmall white flowers, Starfaſhion, ſmelling ſomewhat ſweet; after which come ſmall reddiſh Berries when they are ripe. The Root is ſmall of the bigneſs of a ruſh, lying and creeping under the upper cruſt of the earth, ſhooting forth in divers places.

Place. It groweth in moiſt, ſhadowy, and graſſy places of Woods, in many places of this Land.

Time. It flowereth about May, and the Berries be ripe in June, and then quickly periſheth untill the next year, it ſpringeth from the ſame Root again.

Peſtilence, poyſon, Epidemical diſeaſes.

Virtues and Uſe. Half a dram, or a dram at moſt in Pouder of the Roots hereof taken in Wine and Vineger, of each equal parts, and the party laid preſently to ſweat thereupon, is held to be a ſovereign remedy for thoſe that are infected with the Plague, and have a ſore upon them, by expelling the Poyſon and infection, and defending the heart and ſpirits from danger.

It is

It is a singular good w und Herb, and is thereupon used with other the like effects in making compound Balms for the curing of wounds, be they fresh and green, or old and malignant, and especially if the sinews be hurt. *Wounds, Sinews cut.*

Onions.

THese are so well known that I need not spend time about writing a description of them.

Virtues and Uses. Onions are Flatulent or windy, yet they do somewhat provoke appetite, increase thirst, ease the belly and bowels; provoke womens Courses, help the biting of a mad Dog, and of other venomous Creatures, to be used with Honey and Rue, and increaseth Sperm, especially the seed of them: they also kill the worms in Children if they drink the water fasting wherein they have been steeped all night. Being roasted under the Embers, and eaten with Honey, or Sugar and Oyl they much conduce to help an inveterate Cough, and expectorate the tough flegm. The juyce being snuffed up into the Nostrils, purgeth the head, and helpeth the Lethargy (yet the often eating of them is said to procure pains in the head) It hath been held with divers Countrey people a good preservative against infection to eat Onions fasting with bread and Salt: as also to make a great Onion hollow, filling the place with good Triacle, and after to roast it well under the Embers, which after taking away of the uttermost skin thereof, being beaten together, is a sovereign Salve for either Plague-sore, or any other putrid Ulcer. The juyce of Onions is good for either scalding, or burning by fire, water, or Gun-powder, and used with Vineger, taketh away all Blemishes, Spots, and Marks in the skin, and dropped into the Ears, easeth the pains and noise of them. Applied also with Figs beaten together, helpeth to ripen and break Imposthumes and other Sores. *Mad dogs, worms, Cough Lethargy, Epidemical diseases.*

Leeks are as like them in quality as a Pomewater is like an Apple: they are a remedy against a Surfeit of Mushroms, being baked under the Embers and taken; and being boyled and applied warm helpeth the Piles; in other things they have the same property as the Onions, although not so effectual.

Mars owns them, and they have gotten this quality, to draw any corruption to them, for if you pull one and lay it upon a Dunghil, you shall finde him rotten in half a day, by drawing putrifaction to it, then being bruised and applied to a Plague-sore it is very probable it will do the like.

Orpine.

Description. COmmon Orpine riseth up with divers round brittle stalks, thick set with fat and fleshly

Leaves without any order, and little or nothing dented about the edges, of a pale green colour; the flowers are white, or whitiſh, growing in tufts, after which come ſmall chaffy Huſks, with ſeed like duſt in them. The Roots are divers thick, round, white tuberous clogs; and the Plant groweth not ſo big in ſome places as in others where it is found.

Place. It is frequent almoſt in every Countrey of this Land, and is cherithed in Gardens with us, where it groweth greater than that which is wilde, and groweth in the ſhadowy ſides of fields and woods.

Time. It flowereth about July, and the ſeed is ripe in Auguſt.

Excoriation of the bowels, phtiſick, womb, bloudy flux, Wounds, Inflammation, Scalding, burnings, Quinſie, Ruptures.

Virtues and Uſe. Orpine is ſeldom uſed in inward Medicines with us, although Tragus ſaith from experience in Germany, that the diſtilled water thereof is profitable for gnawings, or excoriations in the ſtomach, or bowels, and for Ulcers in the Lungs, Liver, or other inward parts, as alſo in the Matrix, and helpeth all thoſe diſeaſes, being drunk for certain days together: and that it ſtayeth the ſharpneſs of humours in the bloudy flux, and other fluxes in the body, or in wounds: the Root thereof alſo performeth the ſame effect. It is uſed outwardly to cool any heat, or Inflammation upon any hurt or wound, and eaſeth the pains of them: as alſo to heal ſcaldings, or burnings: the juyce thereof beaten with ſome green Sallet Oyl, and anointed: the Leaf alſo bruiſed and laid to any green wound in the hands or legs, doth heal them quickly, and being bound to the Throat, much helpeth the Quinſie, it helpeth alſo ruptures and burſtineſs.

If you pleaſe to make the juyce into a Syrup with Honey or Sugar, you may ſafely take a ſpoonfull or two at a time (let my Authour ſay what he will) for a Quinſie, and you ſhall finde the Medicine more pleaſant, and the Cure more ſpeedy, than if you took a Dogs-turd which is the learned Colledges vulgar Cure.

The Moon owns the Herb, and he that knows but her Exaltation, knows what I ſay is true.

Parſley.

THis is ſo well known to be an inhabitant in every Garden, that it is needleſs to write any deſcription of it. The virtues of it being many are as followeth.

Stomach, Diſarp Terms provoke, Liver, Spleen, Falling-ſickneſs, Stone,

Virtues and Uſe. It is very comfortable to the ſtomach, and helpeth to provoke Urine and womens Courſes, and to break winde, both in the ſtomach and bowels, and doth a little open the body, but the Root much more, and openeth Obſtructions both of the Liver and Spleen, and is therefore accounted one of the five opening Roots; Galen commendeth it againſt the Falling-ſickneſs, and to provoke Urine mightily, eſpecially if the Roots be boyled and eaten like Parſnips.

The

The ſeed is effectual to provoke urine and women Courſes, to expell winde, to break the ſtone, and eaſe the pains and torments thereof, or of any other part of the body occaſioned by winde. It is alſo effectual againſt the venom of any poyſonfull creature, and the danger that cometh to them that have taken Litharge, and is good againſt the Cough. The diſtilled water of Parſley is a familiar medicine with Nurſes to give their children when they are troubled with winde in the ſtomach or belly, which they call the Frets, and is alſo much available to them that are of greater years. The Leaves of Parſley laid to the eys that are inflamed with heat, or ſwoln, doth much help them, if it be uſed with bread or meal; and being fried with Butter and applied to womens breaſts that are hard through the curdling of their Milk, it abateth the hardneſs quickly, and alſo it taketh away black and blue marks coming of bruiſes or falls. The juyce thereof dropped into the ears with a little Wine eaſeth the pains. Tragus ſetteth down an excellent Medicine to help the Jaundice and falling-ſickneſs, the Dropſie, and ſtone in the kidneys, in this manner: Take of the ſeeds of Parſley, Fennel, Annis, and Carraways of each an Ounce, of the Roots of Parſley, Burnet, Saxifrage, and Carraways, of each one Ounce and an half, let the ſeeds be bruiſed, and the Roots waſhed and cut ſmall: Let them lie all night in ſteep in a Pottle of white Wine, and in the morning be boiled in a cloſe earthen veſſel until a third part or more be waſted; which being ſtrained and cleared: take four Ounces thereof morning and evening firſt and laſt, abſtaining from Drink after it for three hours: this openeth Obſtructions of the Liver and Spleen, and expelleth the Dropſie and Jaundice by urine.

Winde, venomous beaſts, cough, ſucking children, Eys, womens breaſts, curdled milk, black and blue marks, Jaundice, falling-ſickneſs, dropſie.

Parſnip.

THe Garden kinde hereof is ſo well known (the Root being commonly eaten) that I ſhall not trouble you with any Deſcription of it. But the wilde kinde being of more phyſical uſe, I ſhall in this place deſcribe unto you.

Deſcription. The wilde Parſnip differeth little from the Garden-kinde, but groweth not ſo fair and large, nor hath ſo many Leaves; and the Root is ſhorter, more woody, and not ſo fit to be eaten, and therefore the more medicinable.

Place. The name of the firſt ſheweth the place of its growth, viz, in Gardens.

The other groweth wilde in divers places, as in the marſhes of Rocheſter, and elſewhere, and flowreth in July, the ſeed being ripe about the beginning of Auguſt, the ſecond year after the ſowing: for if they do flower the firſt year the Countrey people call them Madneps.

Obſtructions of the Liver & Spleen,

Lust provoker, disturber, cleanser, opener, venomous Beasts, cholick, urine.

Virtues and Use. The Garden Parsnip nourisheth much, and is good and wholesom nourishment, but a little windy, whereby it is thought to procure bodily lust: but it fatneth the body much if much used. It is conducible to the stomach and reins, and provoketh urine. But the wilde Parsnip hath a cutting, attenuating, cleansing and opening quality therein: it resisteth and helpeth the biting of serpents, easeth pains and stitches in the sides, and dissolveth winde both in the stomach and bowels, which is the Chollick, and provoketh urine. The Root is often used, but the seed much more.

The wilde being better than the tame shews Dame Nature is the best Phyhcian.

Cow-Parsnip.

Descri-ption. THis groweth with three or four large spreading rough Leaves, lying often on the ground, or else raised a little from it, with long, round, hairy footstalks under them, parted usually into five divisions, the two couples standing each against other, and one at the end, and each leaf being almost round, yet somewhat deeply cut in on the edges in some Leaves, and not so deep in others, of a whitish green colour, smelling somewhat strong: among which ariseth up a round crested hairy stalk two or three foot high, with a few joynts and Leaves thereon, and branched at the top, where stand large umbels of white, and sometimes reddish flowers, and after them flat, whitish, thin-winged seed, two always joyned together. The Root is long and white with two or three long strings growing down into the ground, smelling likewise strongly, and unpleasant.

Place. It groweth in moist meadows, and the borders and corners of fields, and near ditches generally through this Land.

Time. It flowreth in July, and seedeth in August.

Cough, difficulty of breath, Falling sickness, fistula, Regm, mother, Lethargy Frenzie, head ach, scabs, shingles.

Virtues and Use. The seed hereof as Galen saith is of a sharp and cutting quality, and is therefore a fit medicine for the cough and shortness of breath, the falling-sickness and the Jaundice. The Root is availabe to all the purposes aforesaid, and is also of great use to take away the hard skin that groweth on a fistula, if it be but scraped upon it. The seed hereof being drunk cleanseth the belly from tough flegmatick matter therein: easeth them that are Liver-grown, and womens passions of the Mother, as well being drunk as the smoak thereof received underneath, and likewise raiseth such as are fallen into a deep sleep, or have the Lethargy, by burning it under their nose: the seed and root boiled in Oyl, and the head rubbed therewith, helpeth not onely those that are fallen into a phrensie, but also the Lethargy or drowsie evil; and those that have been long troubled with the head-ach, if it be likewise used

with

with Rue: it helpeth also the running scab, and the Shingles: the juyce of the flowers dropped into the ears that run and are full of matter, it cleanseth and healeth them.

The Peach-tree.

Descri-ption. THe Peach-tree groweth not so great as the Apricock-tree, yet spreadeth branches reasonable well, from whence spring smaller reddish twigs, whereon are set long and narrow green Leaves dented about the edges. The blossoms are greater than the Plum, and of a light purple colour. The fruit round, and sometimes as big as a reasonable Pippin, others are smaller, as also differing in colour and tastes, as russet, red, or yellow, watrish or firm with a Frieze or Cotton all over, with a cleft therein like an Apricock, and a rugged furrowed great stone within it, and a bitter kernel within the stone: it sooner waxeth old and decayeth than the Apricock by much.

Place. They are nursed up in Gardens and Orchards through this Land.

Time. They flower in the Spring, and fructifie in Autumn.

Virtues and Use. The Leaves of Peaches bruised and laid on the belly killeth worms; and so they do also being boiled in Ale and drunk, and open the belly likewise; and being dried is a safe medicine to discuss humours. The pouder of them strewed upon fresh bleeding wounds, stayeth their bleeding, and closeth them up. The flowers steeped all night in a little Wine standing warm, strained forth in the morning, and drunk fasting doth gently open the belly, and move it downwards: a Syrup made of them as the Syrup of Roses is made, worketh more forcibly than that of Roses, for it provoketh vomiting, and spendeth watrish and hydropick humours by the continuance thereof. The flowers made into a Conserve worketh the same effect. The liquour that droppeth from the Tree being wounded, is given in the Decoction of Coltsfoot, to those that are troubled with a Cough or shortness of breath, by adding thereto some sweet Wine, and putting Saffron also therein, it is good for those that are hoarse, or have lost their voice; helpeth all the defects of the Lungs, and those that vomit and spit bloud. Two drams thereof given in the juyce of Limmons or of Radish, is good for those that are troubled with the stone. The kernels of the stones do wonderfully ease the pains and wringings of the belly through winde or sharp humours, and help to make an excellent medicine for the stone upon all occasions, on this manner; Take fifty kernels of Peach-stones, and one hundred of the kernels of Cherry-stones, a handfull of Elder-flowers, fresh or dried, and three pints of Muscadine, set them in a closed pot into a bed of

Vomits, open, humours, wounds,

Dropsie cough, shortness of breath, vomiting spitting, bloud, Stone winde, cholick.

horse-dung for ten days, which after distill in Glass with a gentle fire, and keep it for your use; you may drink upon occasion three or four Ounces at a time. The milk or cream of these kernels being drawn forth with some Vervain-water, and applied to the forehead and temples doth much help to procure rest and sleep to sick persons wanting it. The Oyl drawn from the kernels, the temples being therewith anointed doth the like: the said Oyl put into Glisters easeth the pains of the winde-chollick, and anointed on the lower part of the belly doth the like, and dropped into the ears easeth the pains of them, the juyce of the Leaves doth the like: being also anointed on the forehead and temples, it helpeth the Megrim and all other pains in the head: if the kernels be bruised and boiled in Vineger until they become thick, and applied to the head, it marvellously procures the hair to grow again upon bald places or where it is too thin.

Watching.

Ears.

Head sc.

Lady Venus owns this Tree, and by it opposeth the ill effect of Mars, and indeed for children and young people, nothing is better to purge Choller and the Jaundice than the Leaves and flowers of this Tree, being made into a Syrup or Conserve, let such as delight to please their lust regard the fruit, but such as love their health and their childrens, let them regard what I say, they may safely give two spoonfuls of the Syrup at a time, it is as gentle as Venus her self.

The Pear-tree.

THese are so well known that they need no description.

Virtues and Use. For their physical use they are best discerned by their tastes: all the sweet or lutious sorts whether manured or wilde, do help to move the belly downward more or less: those that are harsh and sowre do on the contrary binde the belly as much; and the Leaves do so also. Those that are moist do in some sort cool, but harsh or wilde sorts much more, and are very good in repelling medicines; as if the wilde sorts be boiled with Mushroms, it maketh them the less dangerous. The said Pears boiled with a little Honey, helpeth much the oppressed stomach, as all sorts of them do, some more, some less; but the harsher sorts do most cool and binde, serving well to be bound to green wounds to cool and stay the blood, and heal up the wound without further trouble or inflammation; as Galen saith, he hath found by experience. And wilde Pears do sooner close up the Lips of green wounds than the others.

Mushroms, stomach.

Inflammations, cool, binde, wounds.

Schola Salerni adviseth to drink much Wine after Pears, or else (they say) they are as bad as poyson, nay and they curse the Tree for it too, but if a poor man finde his stomach oppressed by eating Pears it is but working hard, and it will do as well as drinking

Wine

Wine. The Tree belongs to Venus, and so doth the Apple-tree.

Pellitory of the Wall.

Descri-ption. THis riseth up with many brownish, red, tender and weak, clear, and almost transparant stalks about two foot high, upon which grow at the several joynts, two Leaves somewhat broad and long, of a dark green colour, which afterwards turn brownish, smooth on the edges, but rough and hairy as the stalks are also: at the joynts with the Leaves from the middle of the stalks upwards, where it spreadeth into some branches, stand many small, pale, purplish flowers, in hairy rough heads of husks; after which come small black and rough seed, which will stick to any cloth or garment, that it all touch it. The Root is somewhat long with many small fibres thereat, of a dark reddish colour, which abideth the Winter, although the stalks and Leaves perish and spring afresh every year.

Place. It groweth wilde generally through this Land, about the borders of fields, and by the sides of walls, and among rubbish; it will endure well being brought into Gardens, and planted on the shady side, where it will spring of its own sowing.

Time. It flowreth in June and July, and the seed is ripe soon after.

Virtues and Use. The dried herb Pellitory made up into an Electuary with Honey, or the juyce of the herb or the Decoction thereof made up with Sugar or Honey, is a singular remedy for any old dry Cough, the shortness of breath, and wheesing in the throat. Three Ounces of the juyce thereof taken at a time, doth wonderfully help stopping of the urine, and to expell the stone or gravel in the kidneys or bladder; and is therefore usually put among other herbs used in Clisters to mitigate pains in the back, sides, or bowels, proceeding of winde, stopping of urine, the gravel or stone as aforesaid: if the bruised herb sprinkled with some Muscadine be warmed upon a Tile, or in a Dish upon a few quick coals in a Chafing dish, and applied to the belly, it worketh the same effect. The Decoction of the herb being drunk, easeth pains of the Mother, and bringeth down womens Courses; it also easeth those griefs that rise from Obstructions of the Liver, Spleen, and Reins: the same Decoction with a little Honey added thereto is good to gargle a sore throat. The juyce held a while in the mouth easeth pains in the teeth. The distilled water of the herb drunk with some Sugar worketh the same effects, and cleanseth the skin from spots, freckles, purples, wheals, Sunburn, Morphew, &c.

Old or dry cough shortness of breath stone and gravel.

Mothers womens courses, obstructions, sore throat, teeth, freckles wheals, Sunburning, morphew.

The juyce dropped into the Ears easeth the noise in them, and taketh away the pricking and shooting pains

pain in the ears.

impoſthumes, burning, ſcalding, inflammation, ulcers, ſcabs, Falling of the hair, Piles, Gout, Fiſtulaes, Green wounds, bruiſed, Tendon or Muſcles,

therein: the ſame or the diſtilled water, aſſwageth hot and ſwelling Impoſthumes, burnings and ſcaldings by fire or water, as alſo all other hot tumours and Inflammations or breakings out of heat, being bathed often with wet cloaths dipped therein. The ſaid juyce made into a Liniment with Ceruſs and Oyl of Roſes and anointed therewith, cleanſeth foul rotten ulcers, and ſtayeth ſpreading and creeping ulcers, and the running ſcabs or ſores in childrens heads: and helpeth to ſtay falling of the hair from off the head. The ſaid Ointment, or the herb applied to the Fundament openeth the Piles and eaſeth their pains; and being mixed with Goats tallow, helpeth the Gout. The juyce is very effectual to cleanſe Fiſtulaes, and help to heal them up ſafely: or the herb it ſelf bruiſed, & applied with a little Salt. It is likewiſe ſo effectual to heal any green wound that if it be bruiſed & bound thereto for three days you ſhall need no other medicine to heal it further. A Pultis made thereof with Mallows, and boiled in Wine, with Wheat-bran, and Bean-flour, and ſome Oyl put thereto, and applied warm to any bruiſed Sinew, Tendon, or Muſcle, doth in a very ſhort time reſtore them to their ſtrength, taking away the pains of the bruiſes, and diſſolveth the congealed blood coming of blows or falls from high places.

The juyce of Pellitory of Wall clarified and boiled into a Syrup with Honey, and a ſpoonfull of it drunk every morning by ſuch as are ſubject to the Dropſie, if continuing that courſe though but once a week, if ever they have the Dropſies let them come but to me, and I will cure them gratis.

Peny-royall.

Deſcription. THis is ſo well known unto all (I mean the common kinde) that it needeth no deſcription.

There is a greater kinde than the ordinary ſort found wilde with us, which ſo abideth being brought into Gardens and differeth not from it, but only in the largeneſs of the Leaves and ſtalks, in riſing higher, and not creeping upon the ground ſo much. The flowers whereof are purple, growing in Rundles about the ſtalk like the other.

Place. The firſt which is common in Gardens, groweth alſo in many moiſt and watery places of this Land.

The ſecond is found wilde in Eſſex, in divers places by the high-way, from London to Colcheſter, and thereabouts more abundantly than in other Countries, and is alſo planted in their Gardens in Eſſex.

Time. They flower in the latter end of Summer, about Auguſt.

Virtues and Uſe. Dioſcorides ſaith, That Peny-royal maketh

maketh thin, tough flegm, warmeth the coldneſs of any part whereto it is applied, and digeſteth raw, or corrupt matter: being boyled and drunk, it provoketh womens Courſes and expelleth the dead Childe and After-birth, and ſtayeth the diſpoſition to vomit, being taken in water and Vineger mingled together. And being mingled with Honey and Salt it avoideth flegm out of the Lungs, and purgeth Melancholly by the ſtool. Drunk with Wine it helpeth ſuch as are bitten, or ſtung with venomous beaſts: and applied to the Noſtrils with Vineger, reviveth thoſe that are fainting and ſwowning. Being dried and burnt it ſtrengtheneth the Gums; it is helpfull to thoſe that are troubled with the Gout, being applied of it ſelf to the place untill it wax red: and applied in a plaiſter, it taketh away Spots, or Marks in the face: applied with Salt, it profiteth thoſe that are Splenetick, or Liver-grown. The Decoction doth help the Itch, if waſhed therewith: being put into Baths for Women to ſit therein, it helpeth the ſwelling and hardneſs of the Mother. The green Herb bruiſed and put into Vineger cleanſeth foul Ulcers, and taketh away the Marks and bruiſes of blows about the eys, and all diſcolourings of the face by fire, yea, and the Leproſie, being drunk and outwardly applied: boyled in Wine with Honey and Salt, it helpeth the Tooth-ach. It helpeth the cold Griefs of the joynts, taking away the pains, and warming the cold parts, being faſt bound to the place after a bathing, or ſweating in an hot houſe. Pliny addeth that Penny-royal and Mints together help faintings, or ſwownings, being put into Vineger, and put to the Noſtrils to be ſmelled unto, or a little thereof put into the mouth. It eaſeth the Head-ach, and the pains of the breaſt and belly, ſtayeth the gnawing of the ſtomach, and inward pains of the bowels; being drunk in Wine it provoketh womens Courſes, and expelleth the dead Childe and After-birth: being given in Wine it helpeth the Falling-ſickneſs: put into unwholeſom, or ſtinking water that men muſt drink (as at Sea, and where other cannot be had) it maketh them the leſs hurtfull: it helpeth Cramps, or Convulſions of the Sinews, being applied with Honey, Salt, and Vineger. It is very effectual for the Cough, being boyled in milk and drunk, and for Ulcers, or ſores in the mouth. Mathiolus ſaith, the Decoction thereof being drunk, helpeth the Jaundice and Dropſie, and all pains of the head and ſinews that come of a cold cauſe, and that it helpeth to clear and quicken the eye-ſight. applied to the Noſtrils of thoſe that have the Falling-ſickneſs, or the Lethargy, or put into the mouth, it helpeth them much, being bruiſed and with Vineger applied. And applied with Barley Meal, it helpeth burnings by fire, and put into the ears, eaſeth the pains of them.

Tough flegm, Terms provoked, Dead child and After-birth, vomiting Melancholy, venomous beaſts, Fainting and ſwowning, Gums, Gout, Marks in the face, tooth ach Pains in the joynts Head-ach, Pains of the belly & breaſt, Falling-ſickneſs, ſtinking water. cramps and convulſions, Sore Mouth, jaundice, dropſie, Pains of the heads and ſinews eye-ſight, Lethargy burnings.

The Herb is under Venus.

Peony.

Peony, Masc. & Femina.

Descri-ption. THe Male Peony riseth up with many brownish stalks, whereon grow many fair green, and sometimes reddish Leaves, one set against another upon a stalk without any particular division in the Leaf at all. The flowers stand at the tops of the stalks, consisting of five or six broad Leaves, of a fair purplish red colour, with many yellow threds in the middle standing about the head, which after riseth to be the seed vessels, divided into two, three, or four crooked Pods like horns, which being full ripe, open, and turn themselves down one edge to another backward, shewing within them divers round, black shining seed, having also many red, or Crimson grains, intermixed with the black, whereby it maketh a very pretty shew. The Roots are great, thick, and long, spreading and running down reasonable deep in the ground.

The ordinary Female Peony hath many stalks and more Leaves in them than the Male, the Leaves not so large, but nicked diversly on the edges, some with great and deep, others with smaller cuts and divisions, of a dark, or dead green colour. The flowers are of a strong heady scent, most usually smaller and of a more purple colour than the Male, with yellow thrums about the head as the Male hath. The seed vessels are like horns as in the Male, but smaller, the Seed also is black but less shining. The Roots consist of many thick, and short tuberous clogs, fastened at the ends of long strings, and all from the head of the Root which is thick and short, and of the like scent with the Male.

Place and Time. They grow in Gardens, and flower usually about May.

Virtues and Use. The Root of the Male Peony fresh gathered, hath been found by experience to cure the *Falling-sickness*; but the surest way is (besides hanging it about the Neck, by which Children have been cured) to take the root of the Male Peony washed clean and stamped somewhat small, and lay it to infuse in Sack for twenty four hours at the least, after strain it, and take first and last, morning and evening a good draught for sundry days together before and after a full Moon, and this will also cure older persons, if the disease be not grown too old and past cure, especially if there be a due and orderly preparation of the body, with Posset drink made of Betony, &c. The Root is also effectual for *Women not cleansed in child-birth*. *Mothers Ephialtes or the Night-mare, Melancholick dreams*. The seed also taken before bed-time, and in the morning, is very effectual for such as in their sleep are troubled with the disease called Ephialtes, or Incubus, but we do commonly call it the Night-Mare; a disease which Melancholly persons are subject unto; it is also good against

against melancholick dreams. The distilled water, or Syrup made of the flowers worketh the same effects that the Root and the seed do, although more weakly. The female is often used for the purposes aforesaid, by reason the male is so scarce a plant that it is possessed by few, and those great lovers of rarities in this kinde.

It is an herb of the Sun, and under the Lion, Physicians say male Peony roots are best, but Dr. Reason told me, male Peony was best for men, and female Peony for women, and he desires to be judged by his brother Dr. Experience. The roots are held to be of most virtue, then the seeds next the flowers, and last of all the leaves.

Pepper-wort, or Dittander.

Descri-ption. Our common Pepper-wort sendeth forth somewhat long and broad leaves, of a light bluish green colour, finely dented about the edges, and pointed at the ends, standing upon round hard stalks three or four foot high, spreading many branches on all sides, and having many small white flowers at the tops of them, after which follow small seed in small heads: the root is slender, running much under ground, and shooting up again in many places; and both leaves and root are very hot and sharp of taste like Pepper, for which cause it took the name.

Place. It groweth naturally in many places of this Land, as at Clare in Essex, near also unto Exceter in Devonshire, upon Rochester Common in Kent; in Lancashire and divers other places; but is usually kept in Gardens.

Time. It flowereth in the end of June, and in July.

Virtues and Use. Pliny and Paulus Eginera say, that Pepper-wort is very effectual for the Sciatica, or any other Gout, or pain in the joynts, or any other inveterate grief; the leaves hereof to be bruised and mixed with old Hogs grease and applied to the place; and to continue thereon four hours in men, and two hours in women, the place being afterwards bathed with Wine and Oyl mixed together, and then wrapped with wool or skins after they have sweat a little. It also amendeth the deformities or discolourings of the skin, and helpeth to take away marks, scars, and scabs, or the foul marks of burning with fire or iron. The juice hereof is in some places used to be given in Ale, to drink to women with childe, to procure them a speedy delivery in travel. *Sciatica, Gout, Pains in the Joynts; discolourings of the skin, marks & scars by burning, speedy delivery.*

Here is another martial herb for you, make much of it.

Perwinkle.

Deſcription. THe common ſort hereof hath many branches trailing, or running upon the ground, ſhooting out ſmall fibres at the joynts as it runneth, taking thereby hold in the ground, and rooteth in divers places; at the joynts of theſe branches ſtand two ſmall dark green ſhining leaves, ſomewhat like Bay-leaves, but ſmaller, and with them come forth alſo the flowers (one at a joynt ſtanding upon a tender footſtalk) being ſomewhat long and hollow, parted at the brims, ſometimes into four, ſometimes five leaves, the moſt ordinary ſort are of a pale blue colour, ſome are pure white, and ſome of a dark reddiſh purple colour. The Root is little bigger than a Rush, bruſhing in the ground, and creeping with his branches far about, whereby it quickly poſſeſſeth a great compaſs, and is therefore moſt uſually planted under hedges, where it may have room to run.

Place. Thoſe with the pale blue, and thoſe with the white flowers grow in Woods and Orchyards by the hedge-ſides in divers places of this Land. But thoſe with the purple flowers in Gardens onely.

Time. They flower in March and April.

Virtues and Uſe. The Perwinkle is a great binder, ſtaying bleeding both at mouth and noſe, if ſome of the leaves be chewed: the French uſe it to ſtay womens Courſes. Dioſcorides, Galen, and Egineta commend it againſt the Laſk, and fluxes of the belly to be drunk in Wine.

Stayeth bleeding, Womens Courſes Flux of the belly.

Venus owns this Herb, and ſaith, that the leaves eaten by man and wife together, cauſeth love between them.

St. Peters-wort.

Name. IF Superſtition had not been the Father of Tradition, as well as Ignorance the Mother of Devotion, this Herb as well as St. Johns-wort had found ſome other name to be known by; but we may ſay of our fore-fathers as St. Paul of the Athenians, I perceive that in many things you are too Superſtitious: yet ſeeing it is come to that paſs, that Cuſtom having gotten poſſeſſion pleads preſcription for the name, I ſhall let it paſs, and come to the Deſcription of the Herb, which take as followeth.

Deſcription. It riſeth up with ſquare upright ſtalks for the moſt part, ſomewhat greater and higher than St. Johns-wort (and good reaſon too, St. Peter being the greater Apoſtle (aſk the Pope elſe) for though God would have the Saints equal, the Pope is of another opinion) but brown in the ſame manner, having two leaves at every joynt, ſomewhat like, but larger than St. Johns-wort, and a little rounder pointed with few or no holes to be ſeen therein, and having ſometimes

ſome

ſome ſmaller leaves riſing from the boſom of the greater, and ſometimes a little hairy alſo: at the tops of the ſtalks ſtand many Star-like flowers, with yellow threds in the middle very like thoſe of St. Johns-wort, inſomuch that this is hardly diſcerned from it, but onely by the largeneſs of height, the ſeed being alſo alike in both. The Root abideth long, ſending forth new ſhoots every year.

Place. It groweth in many Groves and ſmall low Woods, in divers places of this Land, as in Kent, Huntington, Cambridge, and Northampton ſhires, as alſo near water-courſes in other places.

Time. It flowereth in June and July, and the ſeed is ripe in Auguſt.

Virtues and Uſe. It is of the ſame property with St. Johns-wort, but ſomewhat weak, and therefore more ſeldom uſed. Two drams of the ſeed taken at a time in Honeyed water, purgeth Chollerick humours, (as ſaith Dioſcorides, Pliny, and Galen) and thereby helpeth thoſe that are troubled with the Sciatica: the leaves are uſed as St. Johns-wort, to help thoſe places of the body that have been burnt with fire. *Chollerick humours, Sciatica, burnings.*

There is not a ſtraw to chuſe between this and St. Johns-wort, onely St. Peter muſt have it, leſt he ſhould lack Pot-herbs.

Pimpernel.

Deſcription. Common Pimpernel hath divers weak ſquare ſtalks lying on the ground, beſet all along with two ſmall and almoſt round leaves at every joynt one againſt another, very like Chickweed, but hath no foot-ſtalks, for the leaves do as it were compaſs the ſtalk: the flowers ſtand ſingly each by themſelves at them and the ſtalks, conſiſting of five round ſmall pointed leaves of a fine pale red colour, tending to an Orange, with ſo many threds in the middle, in whoſe places ſucceed ſmooth round heads, wherein is contained ſmall ſeed. The Root is ſmall and fibrous periſhing every year.

Place. It groweth every where almoſt, as well in the meadows and Corn-fields, as by the way-ſides, and in Gardens ariſing of it ſelf.

Time. It flowereth from May unto Auguſt, and the ſeed ripeneth in the mean time and falleth.

Virtues and Uſe. This is of a cleanſing and attractive quality, whereby it draweth forth Thorns or Splinters, or other ſuch like things gotten into the fleſh, and put up into the noſtrils purgeth the head; and Galen ſaith alſo, they have a drying faculty, whereby they are good to ſoder the lips of Wounds, and to cleanſe foul Ulcers. The diſtilled water or juyce is much eſteemed by French Dames to cleanſe the ſkin from any roughneſs, deformity, or diſcolouring thereof: being boyled in Wine, and given to drink, it is a good rem- *Thorns, or Splinters. Purgeth the head, Wounds, Ulcers, cleanſeth fa-*

Plague, peſtilential feavers, venomous beaſts, mad dogs biting, obſtructions Urine, ſtone and Gravel, Wounds, Ulcers, clouds or miſts in the Eyes, tooth-ach Hemorroids.

dy againſt the Plague, and other peſtilential Feavers, if the party after taking it warm lie in his bed and ſweat for two hours after, and uſe the ſame twice at leaſt. It helpeth alſo all ſtingings and bitings of venomous beaſts, or mad Dogs, being uſed inwardly and applied outwardly: the ſame alſo openeth the Obſtructions of the Liver, and is very available againſt the infirmities of the Reins, it provoketh Urine, and helpeth to expell the ſtone and gravel out of the kidneys and bladder, and helpeth much in all inward Wounds and Ulcers. The Decoction or diſtilled water is no leſs effectual to be applied to all Wounds that are freſh and green, or old filthy fretting and running Ulcers, which it very effectually cureth in ſhort ſpaces. A little honey mixed with the juyce and dropped into the Eys cleanſeth them from cloudy miſts, or thick films which grow over them and hinder the ſight: it helpeth the Tooth-ach being dropped into the Ear on the contrary ſide of the pain. It is alſo effectual to eaſe the pains of the Hemorrhoids or Piles.

Ground-Pine, or Chamepitys.

Deſcription. Our common Ground-Pine groweth low, ſeldom riſing above an hand-breadth high, ſhooting forth divers ſmall branches, ſet with ſlender ſmall long narrow greyiſh, or whitiſh leaves ſomewhat hairy; and divided into three parts, many times many buſhing together at a joynt, and ſometimes ſome growing ſcatteredly upon the ſtalks, ſmelling ſomewhat ſtrong like unto Rozin; the flowers are ſomewhat ſmall and of a pale yellow colour growing from the joynts of the ſtalks all along among the leaves, after which come ſmall, long, and round Huſks. The Root is ſmall, woody, periſhing every year.

Place. It groweth more plentifully in Kent than in any other Countrey of this Land; as namely, in many places from on this ſide Dartford, along to Southfleet, Cotham, and Rocheſter, and upon Chattam-doun hard by the Beacon, and half a mile from Rocheſter in a field nigh a houſe called Selſey.

Time. It flowereth and giveth ſeed in the Summer moneths.

Strangury, Obſtructions, Mother, womens Courſes, Dead childe & After-birth,

Virtues and Uſe. The Decoction of Ground-Pine drunk, doth wonderfully prevail againſt the Strangury or any inward pains ariſing from the diſeaſes of the Reins and Urine, and is eſpecial good for all Obſtructions of the Liver and Spleen, and gently openeth the body, for which purpoſe they were wont in former times to make Pills with the pouder thereof, and the purple figs. It mervelloufly helpeth all the diſeaſes of the Mother uſed inwardly, or applied outwardly, procuring womens Courſes, and expelling the dead childe and after-birth, yea it is ſo powerfull upon thoſe femenine parts that it is utterly forbidden to women with

childe,

childe, in that it will cause Abortment or delivery before the time; it is as effectual also in all pains and diseases of the joynts, as Gouts, Cramps, Palsies, Sciatica, and Aches, either the Decoction of the Herb in Wine taken inwardly, or applied outwardly, or both for some time together, for which purpose the Pills made with the pouder of Ground-Pine, and of Hermodactils with Venice Turpentine are very effectual. These Pills also are special good for those that have the Dropsie, to be continued for some time. The same is a special good help for the Jaundice, and for griping pains of the joynts, belly, or inward parts; it helpeth also all diseases of the brains proceeding of cold and flegmatick humours and distillations, as also for the falling-sickness. It is an especial remedy for the poyson of the Aconites of all sorts, and other poysonfull herbs, as also against the stinging of any venomous creature: it is a good remedy for the old cough, especially in the beginning. For all these purposes aforesaid, the herb tunned up in new Drink, and drunk is almost as effectual, but far more acceptable to weak and dainty stomachs. The distilled water of the herb hath the same effects, but more weakly. The Conserve of the flowers doth the like, which Mathiolus much commendeth against the Palsie. The green herb or the Decoction thereof being applied, dissolveth the hardness of womens breasts, and all other hard swellings in any other part of the body. The green herb also applied, or the juyce thereof with some Honey, not onely cleanseth putrid, stinking, foul, and malignant ulcers, and sores of all sorts, but healeth and sodereth up the lips in green wounds in any part also.

Gouts, cramps, palsies, sciatica, aches & dropsie, poyson of Aconites venomous creatures cold, cough, palsie hard breasts, hard swellings ulcers, old sores, green wounds.

Let women forbear it if they be with childe, for it works violently upon the feminine part, and Mars owns it, I tell them but so.

Plantane.

THis groweth so familiarly in meadows and fields, and by path-ways, and is so well known that it needeth no Description.

Pains in the guts; distillations of rheums; fluxes, womens courses; spitting bloud bleeding at mouth or nose, wounds, phthisick.

Time. It is in its beauty about June, and the seed ripeneth shortly after.

Virtues and Use. The juyce of Plantane clarified and drunk for divers days together, either of it self or in other Drink prevaileth wonderfully against all torments or excoriations in the guts or bowels, helpeth the distillations of Rheum from the head, and stayeth all manner of fluxes even womens Courses when they flow too abundantly; it is good to stay spitting of bloud, and all other bleedings at the mouth, or the making of foul or bloudy water by reason of any ulcer in the reins or bladder, and also stayeth the too free bleeding of wounds. It is held an especial remedy for those that are troubled with the Phthisick, or Con-

Consumption, ulcers in the Lungs, tertian Ague, dropsie, Falling sickness, tooth-ach Pin & Web in the eys, pains in the ears, Inflammations, burning, scalding, hollow ulcers, cankers, and sore mouth or privy parts. Piles: pains of the head, lunacy & frensie, biting of serpents, mad dogs hot gouts bones out of joint, worms in the belly, or in ulcers, scabs or itch, getters, ring-worms: shingles, fretting sores; wounds,

sumption of the Lungs, or ulcers in the Lungs, or Coughs that come of heat. The Decoction or pouder of the Roots or Seed is much more binding for all the purposes aforesaid than the Leaves. Dioscorides saith, that three Roots boiled in Wine and taken helpeth the tertian Ague, and four the quartan Ague; but (letting pass the number as fabulous) I conceive the Decoction of divers Roots may be effectual. The Herb (but especially the Seed) is held to be very profitable against the Dropsie, the falling-sickness, the yellow Jaundice, and stoppings of the Liver and Reins. The Roots of Plantan and Pellitory of Spain beaten to pouder and put into hollow teeth, taketh away the pains of them. The clarified juyce, or distilled water dropped into the eys cooleth the inflammations in them, and taketh away the Pin and Web; and dropped into the ears easeth pains in them, and helpeth and restoreth the hearing: the same also with juyce of Houseleek is profitable against all Inflammations and breakings out in the skin, and against burnings, or scaldings by fire, or water. The juyce or Decoction made either of it self, or other things of like nature is of much use and good effect for old hollow ulcers that are hard to be cured, and for Cankers and sores in the mouth, or privy parts of man or woman; and helpeth also the pains of the Piles in the Fundament. The juyce mixed with Oyl of Roses, and the Temples and forehead anointed therewith, easeth the pains of the head proceeding from heat, and helpeth Lunatick, and phrenetick persons very much; as also the bitings of Serpents, or a mad dog: the same also is profitably applied to all hot Gouts in the feet or hands, especially in the beginning. It is also good to be applied where any bone is out of joynt, to hinder Inflammations, swellings and pains that presently rise thereupon. The pouder of the dried Leaves taken in Drink killeth the Worms of the belly, and boiled in Wine killeth Worms that breed in old and foul ulcers. One part of Plantan-water, and two parts of the brine of poudered Beef boiled together and clarified, is a most sure remedy to heal all spreading Scabs and Itch in the head or body, all manner of Fetters, Ring-worms, the Shingles, and all other running and fretting Sores. Briefly, the Plantans are singular good wound-herbs to heal fresh, or old wounds and sores either inward or outward.

It is true Myzaldus and others, yea almost all Astrologo-Physicians hold this to be an herb of Mars, and they give a very similie of a truth for it too, viz because it cures diseases of the head and privities which are under the houses of Mars, Aries, and Scorpio: all diseases of the head coming of heat are caused by Mars, for Venus is made of no such hot metall, or at least deals in inferiour parts. The truth is, it is under the commands of Venus, and cures the head by antipathy to Mars, and the privities by sympathy to Venus, neither

ther is there hardly a martial diſeaſe but it cures. If I were to fortifie my body againſt a martial diſeaſe I would do it by this herb, as ſoon as by any, and may do it (it may be) when time ſhall ſerve.

Plums.

THeſe are ſo well known that they need no Deſcription.

Vertues and Uſe. As there is great diverſity of the kindes, ſo is there in the operation of Plums, for ſome that are ſweet moiſten the ſtomach, and make the belly ſoluble; thoſe that are ſowre quench thirſt more and binde the belly, the moiſt and watery do ſooneſt corrupt in the ſtomach but the firm do nourish more and offend leſs: the dried fruit ſold by the Grocers under the name of Damaſk prunes, do ſomewhat looſen the belly and being ſtewed are often uſed both in health and ſickneſs, to reliſh the mouth and ſtomach, to procure appetite, and a little to open the body, allay Choller, and cool the ſtomach: Plum-tree leaves boiled in Wine is good to wash and gargle the mouth and throat, to dry the flux of the rheum coming to the pallat, gums, or almonds of the ears. The Gum of the Trees is good to break the ſtone. The Gum or Leaves boiled in Vineger and applied, killeth Tetters and Ring-worms. Mathiolus ſaith, The Oyl preſſed out of the kernels of the ſtone, as Oyl of Almonds is made, is good againſt the inflamed Piles, the tumours or ſwellings of ulcers, hoarſneſs of the voice, roughneſs of the tongue and throat, and likewiſe the pains in the ears. And that five Ounces of the ſaid Oyl taken with one Ounce of Muſcadine driveth forth the ſtone, and helpeth the Chollick.

Open the belly, quench thirſt, & pind the belly, appetite, allay choller, cool the ſtomach, wh wms, ſtone, tetters, and ring-worms, Piles, ulcers, hoarſneſs pains in the Ears, ſtone & chollick.

All Plums are under Venus, and are like Women, ſome better ſome worſe.

Pollipody of the Oak.

Deſcription. THis is a ſmall herb conſiſting of nothing but Roots and Leaves: bearing neither ſtalk, flower, nor Seed as it is thought. It hath three or four Leaves riſing from the Root, every one ſingly by it ſelf, of about a hand length, which are winged, conſiſting of many ſmall narrow Leaves, cut into the middle rib, ſtanding on each ſide of the ſtalk, large below, and ſmaller up to the top, not dented, or notched on the edges at all, as the male Fern hath; of a ſad green colour and ſmooth on the upper ſide, but on the underſide ſomewhat rough, by reaſon of certain yellowiſh ſpots ſet thereon: the Root is ſmaller than ones little finger lying aſlope, or creeping along under the upper cruſt of the earth, browniſh on the outſide, and greeniſh within, of a ſweetiſh harmleſs taſte, ſet with cer-

tain rough knags on each side thereof, having also much mossiness, or yellow hairiness upon it, and some fibres underneath it, whereby it is nourished.

Place. It groweth as well upon old rotten stumps, or trunks of Trees, as Oak, Beech, Hazel, Willow, or any other, as in the Woods under them, and upon old mud-walls, as also in mossie, stony, and gravelly places, near unto Woods; that which groweth upon Oaks is accounted the best, but the quantity thereof is scarce sufficient for the common use.

Time. It being always green, may be gathered for use at any time.

Drieth humours, purgeth burnt choller, flegm, melancholly, Spleen: quartan agues, chollick,

Virtues and Use. Mesues (who is called the Physicians Evangelist, for the certainty of his Medicines, and the truth of his opinions) saith, that it drieth up thin humours, digesteth thick and tough, and purgeth burnt Choller, and especially tough and thick flegm, and thin flegm also, even from the joynts; and is therefore good for those that are troubled with melancholly, or quartan Agues, especially if it be taken in Whey, or honeyed water, or in Barley-water, or the Broth of a Chicken with Epithimum, or with Beets and Mallows. It is also good for the hardness of the Spleen and for prickings or stitches in the sides, as also for the Chollick, some use to put it to some Fennel-seeds, or Annis-seeds, or Ginger to correct that loathing it bringeth to the stomach, which is more than needeth, it being a safe and gentle Medicine fit for all persons at all seasons, which daily experience confirmeth; and an Ounce of it may be given at any time in a Decoction, if there be not Sena, or some other strong purger put with it. A dram or two of the pouder of the dried Roots taken fasting in a cup of honeyed water, worketh gently, and for the purposes aforesaid. The distilled water both of Roots and Leaves is much commended for the quartan Ague, to be taken for many days together, as also against melancholly, or fearfull, or troublesom sleeps, or dreams, and with some Sugar-Candy dissolved therein, is good against the Cough, shortness of breath and wheesings, and those distillations of thin rheum upon the Lungs, which cause Phtisicks, and oftentimes Consumptions. The fresh Roots beaten small: or the pouder of the dried Roots mixed with Honey and applied to any member that is out of joynt doth much help it: applied also to the nose cureth the disease called Polipus, which is a piece of flesh growing therein which in time stoppeth the passage of breath through that nostril; and it helpeth those clefts or chops that come between the fingers or toes.

troublesom sleeps cough, shortness of breath wheesings, Lungs, Phtisick, members out of joynt, Polipus or disease in the nose, chops in the fingers or toes.

And why, I pray, must Polipodium of the Oak onely be used, gentle Colledg of Physicians, can you give me but a glimpse of a reason for it? Is it onely because it is dearest? Will you never leave your covetousness till your lives leave you? The truth is, that which grows upon the earth is best. (it is an herb of Saturn

and

and he ſeldom climbs trees) to purge Melancholly, if the humour be otherwiſe, chuſe your Polipodium accordingly.

The Poplar-Tree.

Deſcription. THere are two ſorts of Poplars, which are moſt familiar with us, viz. The black & the white, both which I ſhall here deſcribe unto you.

The white Poplar groweth great and reaſonable high, covered with a thick ſmooth white bark, eſpecially the branches, having large leaves cut into ſeveral diviſions almoſt like a Vine leaf, but not of ſo deep a green on the upper ſide, and hoary white underneath, of a reaſonable good ſcent, the whole form repreſenting the leaf of Coltsfoot. The Catkins which it bringeth forth before the leaves are long, and of a faint reddiſh colour, which fall away bearing ſeldom good ſeed with them. The wood hereof is ſmooth, ſoft, and white, very finely waved, whereby it is much eſteemed.

The black Poplar groweth higher and ſtraiter than the white, with a greyiſh bark bearing broad and green leaves ſomewhat like Ivy leaves, not cut in on the edges like the white, but whole and dented, ending in a point, and not white underneath, hanging by ſlender long footſtalks, which with the air are continually ſhaken like as the Aſpin leaves are: the Catkins hereof are greater than of the white, compoſed of many round green berries as it were ſet together in a long Cluſter, containing much downie matter, which being ripe is blown away with the winde, the clammy buds hereof before they ſpread into leaves, are gathered to make the Unguentum Populeon, and are of a yellowiſh green colour and ſmall, ſomewhat ſweet, but ſtrong. The wood is ſmooth, tough, and white, and eaſie to be cloven: on both theſe trees groweth a ſweet kinde of Muſk, which in former times was uſed to be put into ſweet Oyntments.

Place. They grow in moiſt Woods and by waterſides in ſundry places of the Land, yet the white is not ſo frequent as the other.

Time. Their time is likewiſe expreſſed before, the Catkins coming forth before the leaves, and ripen in the end of Summer.

Virtues and Uſe. The white Poplar, ſaith Galen, is of a cleanſing property: the weight of one ounce in Powder of the bark thereof being drunk ſaith Dioſcorides, is a remedy for thoſe that are troubled with the Sciatica, or the Stranguy: the juyce of the leaves dropped warm into the Ears eaſeth the pains in them: the young clammy buds, or keys before they break out into leaves bruiſed, and a little Honey put to them, is a good Medicine for a dull ſight. The black Poplar is held to be more cooling than the white, and therefore

Sciatica, Stranguy, Pain in the Ears.

dull ſight Gout falling ſickneſs, Warts puſhes, & Wheals Heat and Inflammations, Dryeth Womens Milk.

the leaves bruiſed with Vineger and applied, helpeth the Gout; the ſeed drunk in Vineger is held good againſt the Failing-ſickneſs. The water that droppeth from the hollow places of this tree, taketh away Warts, Puſhes, Wheals, and other the like breakings out in the body. The young black Poplar buds, ſaith Matthiolus, are much uſed by women to beautifie their hair, bruiſing them with freſh butter, and ſtraining them after they have been kept for ſome time in the Sun. The Oyntment called Populeon, which is made of this Poplar, is ſingular good for all heat, or Inflammation in any part of the body, & tempereth the heat of Wounds; it is much uſed to dry up the Milk in Womens breaſts when they have weyned their children.

Poppy.

OF this I ſhall deſcribe three kindes, viz. The white and black, of the Garden, and the Erratick, wilde Poppy, or Corn Roſe.

Deſcription. The white Poppy hath at firſt four or five whitiſh green leaves lying upon the ground, which riſe with the ſtalk, compaſſing it at the bottom of them, and are very large, much cut, or torn in on the edges, and dented alſo beſides: the ſtalk which is uſually four or five foot high, hath ſometimes no branches at the top, and uſually but two or three at moſt, bearing every one but one head, wrapped in a thin ſkin, which boweth down before it be ready to blow, & then riſing and being broken, the flower within it ſpreadeth it ſelf open, and conſiſteth of four very large white round leaves, with many whitiſh round threds in the middle, ſet about a ſmall round green head, having a Crown, or Starlike cover at the head thereof, which growing ripe becometh as large as a great Apple, wherein are contained a great number of ſmall round ſeed, in ſeveral partitions, or diviſions next unto the ſhell, the middle thereof remaining hollow and empty. All the whole Plant, both leaves, ſtalks, and heads, while they are freſh, young, and green; yield a Milk when they are broken, of an unpleaſant bitter taſte, almoſt ready to provoke caſting, and of a ſtrong heady ſmell, which being condenſate is called Opium. The Root is white, and woody, periſhing as ſoon as it hath given ripe ſeed.

The black Poppy little differeth from the former, untill it beareth his flower, which is ſomewhat leſs, and of a black purpliſh colour, but without any purple ſpots in the bottom of the leaf. The head of ſeed is much leſs than the former, and openeth it ſelf a little round about the top under the Crown, ſo that the ſeed which is very black will fall out if one turn the head thereof downwards.

The wilde Poppy, or Corn Roſe hath long and nar-

row

row leaves, very much cut in on the edges into many divi ons, of a light green colour, and ſometimes hairy w thall; the ſtalk is blackiſh and hairy alſo, but not ſo tall as the Garden kindes, having ſome ſuch like leaves thereon as grow below, parted into three or four branches ſometimes, whereon grow ſmall hairy heads bowing down before the skin break, wherein the flower is incloſed, which when it is full blown open, is of a fair yellowiſh red, or crimſon colour, and in ſome much paler, without any ſpot in the bottom of the leaves having many black ſoft threds in the middle compaſſing a ſmall green head, which when it is ripe, is not bigger than ones little finger end, wherein is contained much black ſeed, ſmaller by half than that of the Garden. The Root periſheth every year, and ſpringeth again of its own ſowing. Of this kinde there is one differ in all the parts thereof, and differeth in nothing elſe.

Place. The Garden kindes do not naturally grow wilde in any place, but are all ſown in Gardens where they grow.

The wilde Poppy, or Corn Roſe is plentifull enough, and many times too much in the Corn fields of all Countries through this Land, and alſo upon Ditch-Banks, and by Hedge-ſides: the ſmaller wilde kinde is alſo found in Corn-fields, and alſo in ſome other places, but not ſo plentifull as the former.

Time. The Garden kinde are uſually ſown in the Spring, which then flower about the end of May, and ſomewhat earlier, if they ſpring of their own ſowing.

The wilde kindes flower uſually from May untill July, and the ſeed of them is ripe ſoon after the flowering.

Virtues and Uſe. The Garden Poppy heads with ſeeds made into a Syrup, is frequently and to good effect uſed to procure reſt and ſleep in the ſick and weak, and to ſtay Catarrhs and hot Defluxions of hot thin Rheums from the head into the ſtomach, and upon the Lungs, cauſing a continual Cough, the Fore runner of a Conſumption: it helpeth alſo hoarſneſs of the Throat, and when one hath loſt their voice, which the Oyl of the ſeed doth likewiſe. The black ſeed boyled in Wine and drunk, is ſaid alſo to ſtay the Flux of the belly and womens Courſes. The empty huſks of the Poppy heads are uſually boyled in water and given to procure reſt and ſleep; ſo do the leaves in the ſame manner; as alſo if the head and temples be barned with the Decoction warm, or with the Oyl of Poppies, the green leaves or heads bruiſed and applied with a little Vineger, or made into a Pultis with Barley meal, or Hogs greaſe, it cooleth and tempereth all Inflammations, as alſo the diſeaſe called S. Antonies fire. It is generally uſed in Treacle and Methridate, and in all other Medicines that are made to procure reſt and ſleep, and to eaſe pains in the head as well as in other parts; it is alſo uſed to cool Inflammations, Agues, or Phren-

Procure ſleep Catharrhs and defluxions of rheum ſtayeth, hoarſneſs Flux of the belly and womens courſes Inflammati ons and S. Anthonies fire.

Pains in the head, phrenſies, Tooth-ach, falling-ſickneſs, Pluriſie, Surfets, Agues, and Inflammations.

Phrenſies, and to ſtay Defluxions which cauſe a Cough or Conſumption, and alſo other Fluxes of the belly, or womens Courſes; it is alſo put into hollow teeth to eaſe the pain, and hath been found by experience to eaſe the pain of the Gout.

The wilde Poppy, or Corn-Roſe (as Mathiolus ſaith) is good to prevent the Falling-ſickneſs. The Syrup made with the flowers is with good effect given to thoſe that have the Pluriſie; and the dried flowers alſo, either boyled in water, or made into Pouder and drunk, either in the diſtilled water of them, or in ſome other drink worketh the like effect. The diſtilled water of the flowers is held to be of much good uſe againſt Surfets, being drunk evening and morning; it is alſo more cooling than any of the other Poppies, and therefore cannot but be as effectual in hot Agues, Phrenſies, and other Inflammations either inward or outward, the Syrup or water to be uſed therein, or the green leaves uſed outwardly, either in an Oyntment, as it is in Populeon, a cooling Oyntment, or any other ways applied. Galen ſaith, the Seed is dangerous to be uſed inwardly.

The Herb is Lunar, and of the juyce of it is made Opium, onely for lucre of money they cheat you, and tell you it is a kinde of Tear, or ſome ſuch like thing that drops from Poppies when they weep, and that is ſome where beyond the Sea, I know not where, beyond the Moon.

Purſlane.

Cooleth heat of bloud, in hot Agues, Chollerick Fluxes, Womens Courſes, the whites and Gonorrhea, Diſtillations, phrenſie, Heat of Urine, Luſt and Venerious dreams, worms, vomiting

THe Garden Purſlane (being uſed as a Sallet Herb) is ſo well known that it needeth no Deſcription; I ſhall therefore onely ſpeak of its Virtues, as followeth.

Virtues and Uſe. It is good to cool any heat in the Liver, bloud, Reins, and ſtomach, and in hot Agues, nothing better; it ſtayeth hot and Chollerick Fluxes of the belly, womens Courſes, the Whites, and Gonorrhea, or running of the Reins, the Diſtillations from the head, and pains therein proceeding of heat, want of ſleep, or the Phrenſie. The ſeed is more effectual than the Herb, and is of ſingular good uſe to cool the heat and ſharpneſs of Urine, and the outragious luſt of the body, venerious dreams, and the like, inſomuch that the over-frequent uſe hereof, extinguiſheth the heat and Virtue of natural Procreation. The ſeed bruiſed and boyled in Wine and given to Children, expelleth the Worms. The juyce of the Herb is held as effectual to all the purpoſes aforeſaid, as alſo to ſtay Vomitings; and taken with ſome Sugar, or Honey, helpeth an old and dry Cough, ſhortneſs of breath, and the Phthiſick, and ſtayeth immoderate thirſt. The diſtilled water of the Herb is uſed by many (as the more pleaſing) with a little Sugar, to work the ſame effects.

The

The juyce alſo is ſingular good in the Inflammations and Ulcers of the ſecret parts in man or woman, as alſo of the Bowels and Hemorrhoids, when they are ulcerous, or Excoriations in them. The Herb bruiſed and applied to the Forehead and Temples, allayeth exceſſive heat therein, hindring reſt and ſleep, and applied to the eys, taketh away the redneſs and Inflammation in them, and thoſe other parts, where Puſhes, Wheals, Pimples, S. Anthonies fire, and the like break forth, eſpecially if a little Vineger be put to it: And being laid to the neck with as much of Galls and Linſeed together, taketh away the pains therein, and the Crick in the Neck. The juyce is uſed with the Oyl of Roſes for the ſaid cauſes, or for blaſtings by lightning, and burnings by Gun-Pouder, or for Womens ſore breaſts, and to allay the heat in all other ſores, or hurts: applied alſo to the Navels of Children that ſtick forth, it helpeth them: It is alſo good for ſore mouths, and Gums that are ſwollen, to faſten looſe Teeth. Camerarius ſaith, That the diſtilled water uſed by ſome, took away the pain of their Teeth, when all other remedies failed, and that the thickned juyce made in Pills with the Pouder of Gum Tragacanth, and Arabick, being taken, prevaileth much to help thoſe that make a bloudy water. Applied to the Gout, it eaſeth pains thereof, and helpeth the hardneſs of ſinews, if it come not of the Cramp, or a cold cauſe.

It is an Herb of the Moon. Lettice.

old, dry Coughs, ſhort breath & phthiſick, Ulcers in the ſecret parts Redneſs of the eyn and Inflammations, Crick, or pain in the neck, Blaſtings by lightning, Burning by Gunpowder, Sore breaſts, childrens Navils, Sore Mouths, and ſwollen Gums faſneth Teeth, Tooth-ach, bloudy Urine, Gout, cramp, and ſtifneſs of the ſinews.

Primroſes.

THeſe are ſo well known that they need no Deſcription.

Of the leaves of Primroſes is made as fine a Salve to heal green wounds, as any is that I know: you ſhall be taught to make Salves of any Herb at the latter end of the book, make this as you are taught there, and do not (you that have any ingenuity in you) ſee your poor Neighbours go with wounded limbs when a half-penny coſt will heal them.

Privet. *Ligustrum. Alcanna*

Deſcription. OUr common Privet is carried up with many ſlender branches, to a reaſonable height and breadth, to cover Arbours, Bowers, and Banquetting houſes, and brought, wrought, and cut into many forms, of Men, Horſes, Birds, &c. which though at firſt ſupported, groweth afterwards ſtrong of it ſelf: It beareth long and narrow green leaves by couples, and ſweet ſmelling white flowers in tufts at the ends of the

Lotions to waſh ſore

branches, which turn into small black Berries that have a purplish Juyce within them, and some seeds that are flat on the one side, with a hole, or dent therein.

Place. It groweth in this Land in divers woods.

Time. Our Privet flowreth in June and July: The Berries are ripe in August and September.

Mouths and Throats, Cool Inflammations, Dry Fluxes, Inflammations in Wounds, head ach Fluxes, and womens courses, voiding Bloud, Rheum in the eys.

Virtues and Use. It is little used in Physick with us in these times, more than in Lotions to wash sores, and sore mouths, and to cool Inflammations, and dry up Fluxes; yet Mathiolus saith, It serveth to all the uses for which Cyprus, or the East Privet, is appointed by Dioscorides and Galen. He further saith, That the Oyl that is made of the flowers of Privet infused therein, and set in the sun, is singular good for the Inflammations of wounds, & for the Head-ach coming of an hot cause. There is a sweet water also distilled from the flowers that is good for all those diseases that need cooling and drying, and therefore helpeth all Fluxes of the belly or stomach. Bloudy Fluxes, and Womens Courses, being either drunk, or applied, as also for those that vold bloud at their mouth, or at any other place, and for distillations of Rheums into the eys, especially if it be used with Tutie.

Queen of the Meadows, Meadow-sweet, or Mead-sweet.

Description. The stalks of this are reddish rising to be three foot high, sometimes four or five foot, having at the joynts thereof large winged leaves, standing one above another at distances, consisting of many and somewhat broad leaves, set on each side of a middle rib, being hard, rough, or rugged, crumpled much like to Elm-leaves, having also some smaller leaves with them (as Agrimony hath) somewhat deeply dented about the edges, of a sad green colour on the upper side, and grayish underneath, of a pretty sharp scent and taste, somewhat like unto Burnet, and a leaf hereof put into a Cup of Claret wine giveth also a fine relish to it: At the tops of the stalks and branches stand many tufts of small white flowers, thrust thick together, which smell much sweeter than the leaves and in their places, being fallen come crooked and cornered seed; The Root is somewhat woody, and blackish on the out-side, and brownish within, with divers greater strings, and lesser Fibres set thereat, of a strong scent, but nothing so pleasant as the flowers and leaves, and perisheth not, but abideth many years, shooting forth a new every Spring.

Place. It groweth in moist Meadows, that lie much wet, or near the courses of water.

Time. It flowereth in some place or other all the three Summer moneths, that is, June, July, and August, and their seed is ripe quickly after.

Vir-

Virtues and Use. It is used to stay all manner of bleedings, Flux's, vomitings, and womens Courses and also their Whites: it is said to alter and take away the fits of quartan Agues, and to make a merry heart: for which purpose some use the flowers, and some the Leaves. It helpeth speedily those that are troubled with the Chollick, being boiled in Wine; and with a little Honey taken warm it openeth the belly: but boiled in red wine and drunk, it stayeth the Flux of the belly. Being outwardly applied, it healeth old ulcers that are cankrous or eaten, or hollow, or fistulous, for which it is by many much commended, as also for the sores in the mouth or secret parts.

bleeding, fluxes vomiting womens courses, whites quartan Agues, chollick, opens the belly, old ulcers sore mouth, secrets, raise blisters, Inflammations in the Eys.

The Leaves when they are full grown being laid upon the skin, will in a short time raise blisters thereon, as Tragus saith. The water thereof helpeth the heat and inflammation in the eys.

Venus claims dominion over the herb.

The Quince-tree.

Description. THe ordinary quince-tree groweth often to the height and bigness of a reasonable Apple-tree, but more usually lower, and crooked, with a rough Bark, spreading arms and branches far abroad. The Leaves are somewhat like those of the Apple tree, but thicker, harder, and fuller of veins, and white on the under side, not dented at all about the edges. The flowers are large and white, sometimes dashed over with a blush: the fruit that followeth is yellow, being near ripe, and covered with a white Frieze or Cotton thick set on the younger, and growing less as they grow to be through ripe, bunched out oftentimes in some places some being liker an Apple, and some a Pear, of a strong heady scent, and not durable to keep, and is sower, harsh, and of an unpleasant taste to eat fresh, but being scalded, roasted, baked, or preserved, becometh more pleasant.

Place and Time. It best likes to grow near Ponds and water sides, and is frequent through this Land; and flowreth not untill the Leaves be come forth. The fruit is ripe in September or October.

Virtues and Use. Quinces when they are green helps all sorts of Fluxes in man or woman, and cholerick Lasks, Cattings, and whatsoever nourisheth a frication more than any way prepared by fire: yet the Syrup of the juyce, or the Conserve are much conducible, much of the binding quality being consumed by the fire: if a little Vineger be added, it stirreth up the languishing appetite and the stomach given to casting; some spices being added, it comforteth and strengtheneth the decayed and fainting spirits; and helpeth the Liver oppressed, that it cannot perfect the digestion, and correcteth choller and flegm. If you would have them purging, put Honey to them instead of Sugar;

Fluxes, lasks, &c. provokes appetite, stayeth vomiting, fainting spirits,

choller, flegm, and if more laxative, for Choller, Rubard; for flegm, Turbith; for watery humours, Scammony: but if more forcibly to binde, uſe the unripe Quinces with Roſes, and Acaia, or Hypociſtis, and ſome torrified Rubard. To take of the crude juyce of quinces is held a preſervative againſt the force of deadly poyſon, for it hath poyſon, been found moſt certain true, that the very ſmell of a quince hath taken away all the ſtrength of the poyſon of white Hellebore. If there be need of any outward binding and cooling of any hot fluxes; the Oyl of quinces, or other Medicines that may be made thereof are very available to anoint the belly, or other parts therewith: it likewiſe ſtrengtheneth the ſtomach and belly, and the ſinews that are looſened by ſharp humours falling on them, and reſtraineth immoderate ſweatings. The Mucellage taken from the ſeeds of womens breaſts, quinces boiled a little in water, is very good to cool the heat, and heal the ſore breaſts of Women. The plague-ſores, ſame with a little Sugar is good to leniſie the harſhneſs and hoarſneſs of the throat, & roughneſs of the tongue. preſerves hair. The Cotton or Down of quinces boiled and applied to Plague-ſores healeth them up; and laid as a Plaiſter made up with Wax, it bringeth hair to them that are bald, and keepeth it from falling if it be ready to ſhed.

Radiſh and Horſ-Radiſh.

THe Garden-Radiſh is ſo well known that it needeth no deſcription.

Deſcription. The Horſ-Radiſh hath his firſt Leaves that riſe before Winter, about a foot and a half long very much cut in or torn on the edges into many parts of a dark green colour, with a great Rib in the middle: after theſe have been up a while, others follow which are greater, rougher, broader, and longer, whole, and not divided as the firſt, but onely ſomewhat roundly dented about the edges: the ſtalk when it beareth flowers (which is but ſeldom) is great riſing up with ſome few leſſer Leaves thereon to three or four foot high, ſpreading at the top many ſmall branches of whitiſh flowers, made of four Leaves a piece, after which come ſmall pods like thoſe of Shepherds-purſe, but ſeldom with any ſeed in them. The root is great, long, white and rugged, ſhooting up divers heads of Leaves, which may be parted for increaſe, but it doth not creep within ground, nor run above ground, and is of a ſtrong ſharp and biter taſte, almoſt like Muſtard.

Place It is found wilde in ſome places of this Land, but is chiefly planted in Gardens, where it joyeth in a moiſt and ſhadowy place.

Time It flowreth but ſeldom, but when it doth, is is in July.

Virtues and Uſe. The juyce of Horſ-Radiſh given ſcurvy, in drink is held to be very effectual for the Scurvy. It kil'eth

killeth the worms in Children being drunk, and also laid upon the belly. The Root bruised and laid to the place grieved with the Sciatica, Joynt-ach, or the hard swellings of the Liver and Spleen, doth wonderfully help them all. The distilled water of the herb and roots is more familiar to be taken with a little Sugar for all the purposes aforesaid. *Worms, Sciaticas Liver, Spleen,*

Garden Radishes are in wantonness by the Gentry eaten as Sallet, but they breed but scurvy humours in the stomach, and corrupt the bloud, and then send for a Physician as fast as you can; this is one cause makes the owners of such nice pallats so unhealthfull, yet for such as are troubled with the gravel, stone, or stoppage of urine, they are good Physick if the body be strong that takes them, you may make the juyce of the Roots into a Syrup, if you please for that use, they purge by urine exceedingly. *stone, difficulty,*

I know not what Planet they are under, I think none of all the seven will own them.

Rag wort.

Descript. The greater common Rag-wort hath many large and long dark green leaves lying on the ground very much rent and torn on the sides into many peices, from among which rise up sometimes but one, and sometimes two or three square, or crested blackish or brownish stalks, three or four foot high, sometimes branched, bearing divers such like leaves upon them at severall distances unto the top, where it branches forth into many stalks bearing yellow flowers, consisting of divers Leaves, set as a Pale or Border, with a dark yellow thrum in the middle, which do abide a great while, but at last are turned into Down, and with the small blackish gray seed are carried away with the wind. The Root is made of many fibres, whereby it is firmly fastned into the ground, and abideth many years.

There is another sort hereof different from the former onely in this, that it riseth not so high; the Leaves are not so finely jagged, nor of so dark a green colour, but rather somewhat whitish, soft and woolly, and the flowers usually paler.

Place. They grow both of them wilde in pastures, and untilled grounds in many places, and oftentimes both of them in one field.

Time. They flower in June and July, and the seed is ripe in August.

Virtues and Use. Rag-wort cleanseth, digesteth, and discusseth. The Decoction of the herb to wash the mouth or throat that have Ulcers or sores therein, and for swellings, hardness, or impostumations, for it throughly cleanseth and healeth them; as also the quinsie and the Kings Evil: It helpeth to stay Catarrhs, thin rheums and defluxions from the head into the Eys, Nose, or Lungs. The juyce is found by experi- *Sore mouth or throat swellings impostumes quinsie, Kings Evil, catarrhs, defluxions*

Green wounds, ulcers, in the privities running cankers, hollow fiſtulaes, aches & pains ſeiatica.

ence to be ſingular good to heal green wounds, and to cleanſe and heal all old and filthy ulcers in the privities, and in the other parts of the body; as alſo inward wounds and ulcers, and ſtayeth the malignity of fretting and running Cankers and hollowiſh fiſtulaes, not ſuffering them to ſpread further. It is alſo much commended to help aches and pains either in the fleſhy parts or in the nerves and ſinews; as alſo the Seiatica, or pain of the hips or buckle-bone, to bath the places with the decoction of the herb, or to anoint them with an Ointment made of the herb bruiſed and boiled in old Hogs Suet, with ſome Maſtich and Olibanum in pouder added unto it after it is ſtrained forth.

In Suſſex we call it Rag-weed.

Rattle-graſs.

OF this there are two kindes, which I ſhall ſpeak of, viz. the red and yellow.

Deſcription. The common red Rattle, hath ſundry reddiſh hollow ſtalks, and ſometimes green riſing from the Root lying for the moſt part on the ground, yet ſome growing more upright, with many ſmall reddiſh or greeniſh Leaves ſet on both ſides of a middle Rib finely dented about the edges: the flowers ſtand at the tops of the ſtalks and branches, of a fine purpliſh red colour, like ſmall gaping hoods, after which come flat blackiſh ſeeds in ſmall huſks, which lying looſe therein will rattle with ſhaking. The Root conſiſts of two or three ſmall whitiſh ſtrings, with ſome fibres thereat.

The common yellow Rattle hath ſeldom above one round green ſtalk riſing from the Root about half a yard or two foot high, and but few branches thereon, having two long and ſomewhat broad Leaves ſet at a joynt, deeply cut in on the edges reſembling the Comb of a Cock, broadeſt next to the ſtalk, and ſmaller to the end: the flowers grow at the tops of the ſtalks with ſome ſhorter Leaves with them, hooded after the ſame manner that the others are, but of a fair yellow colour in moſt, or in ſome paler, and in ſome more white. The ſeed is contained in large huſks, and being ripe, will rattle or make a noiſe with lying looſe in them. The Root is ſmall and ſlender periſhing every year.

Place. They grow in our meadows and woods generally through this Land.

Fiſtulaes hollow ulcers, womens courſes, Fluxes, cough, dimneſs of ſight,

Time. They are in flower, from mid-ſummer until Auguſt be paſt ſometimes.

Virtues and Uſe. The red Rattle is accounted profitable to heal up fiſtulaes and hollow ulcers, and to ſtay the flux of humours to them, as alſo the abundance of womens Courſes, or any other flux of bloud, being boiled in red wine and drunk.

Yellow Rattle or Cocks Comb is held to be good for thoſe that are troubled with a Cough, with dimneſs of

of sight, if the herb being boiled with Beans, and some Honey put thereto, be drunk, or dropped into the eys. The whole seed being put into the eys draweth forth any skin, dimness, or film from the sight without trouble or pain.

Rest-Harrow, or Gammoak.

Descri- ption. THe common Rest-Harrow riseth up with divers rough woody twigs, half a yard, or a yard high, set at the joynts without order, with a little roundish Leaves sometimes more than two or three at a place, of a dark green colour, without thorns while they are young, but afterwards armed in sundry places with short and sharp thorns. The flowers come forth at the tops of the twigs and branches, whereof it is full, fashioned like Pease, or Broom-blossoms, but lesser, flatter and somewhat closer, of a faint purplish colour; after which come small pods, containing small, flat, and round seed; the Root is blackish on the outside, and whitish within, very tough and hard to break when it is fresh and green, and as hard as a horn when it is dried, thrusting down deep into the ground, and spreading likewise, every piece being apt to grow again, if it be left in the ground.

Place. It groweth in many places of this Land, as well in the arable as waste ground

Time. It flowreth about the beginning or middle of July, and the seed is ripe in August.

Virtues and Use. It is singular good to provoke urine when it is stopped, and to break and drive forth the stone, which the pouder of bark of the Root taken in Wine performeth effectually. Matthiolus saith, the same helpeth the disease called Hernia Carnosa, the fleshy rupture, by taking the said pouder for some moneths together constantly, and that it hath cured some which seemed incurable by any other means than by cutting or burning. The Decoction thereof made with some Vineger and gargled in the mouth, easeth the Tooth-ach, especially when it comes of rheum; and the said Decoction is very powerful to open Obstructions of the Liver and Spleen, and other parts. A distilled water made in (Balneo Mariae) with four pound of the roots hereof first sliced small, and afterwards steeped in a Gallon of Canary wine, is singular good for all the purposes aforesaid, and to cleanse the passages of the urine. The pouder of the said Root made into an Electuary or Lozenges with Sugar: as also the Bark of the fresh roots boiled tender, and afterwards beaten into a Conserve with Sugar, worketh the like effect. The pouder of the roots strewed upon the brims of ulcers, or mixed with any other convenient thing, and applied consumeth the hardness, and causeth them to heal the better.

Urine stopped. Stone. fleshy rupture. tooth-ach. obstructions. Liver. Spleen.

Rocket.

IN regard the Garden-Rocket is rather used as a Sallet-herb than to any physical purposes, I shall omit it, and onely speak of the common wilde Rocket; the description thereof take as followeth.

Description. The common wilde Rocket hath longer and narrower Leaves, much more divided into slender cuts and jags on both sides of the middle Rib, than the Garden kindes have, of a sad over-worn green colour, from among which riseth up divers stiff stalks two or three foot high, sometimes set with the like Leaves, but smaller, and smaller upwards, branched from the middle into divers stiff stalks, bearing sundry yellow flowers on them made of four Leaves a piece, as the others are, which afterwards yield small reddish seed, in small long pods, of a more bitter and hot biting taste than the Garden kindes, as the Leaves are also.

Place. It is found wilde in divers places of this Land.

Time. It flowreth about June and July, and the seed is ripe in August.

Increase sperm & venery, helpeth digestion, provokes urine, biting of Serpents, &c. cough in children, increase milk, cleanseth the face, scars, blue spots, marks of smal pox

Virtues and Use. The wilde Rocket is more strong and effectual to increase Sperm and venereous qualities, whereunto also the seed is more effectual than the Garden kindes: it serveth also to help digestion, and provoketh urine exceedingly. The seed is used to cure the bitings of Serpents, the Scorpion, and the Shrew-Mouse, and other poysons, and expelleth worms and other noysom creatures that breed in the body. The herb boiled or stewed, and some Sugar put thereto, helpeth the Cough in Children being taken often. The seed also taken in drink taketh away the ill scent of armpits increaseth milk in Nurses, and wasteth the Spleen. The seed mixed with Honey, and used on the face, cleanseth the skin from spots, morphew, and other discolouring therein: and used with Vineger taketh away freckles and redness in the face or other parts and with the Gall of an Ox it amendeth foul scars, black and blue spots, and the marks of the small Pox.

The wilde Rockets are forbidden to be used alone, in regard their sharpness fumeth into the head, causing ach and pain therein: and are no less hurtfull to hot and chollerick persons, for fear of inflaming their bloud, and therefore for such we may say, a little doth but a little harm. For angry Mars rules them, and he sometimes will be tetty when he meets with Fools

Winter Rocket, or Cresses.

Description. WInter Rocket, or Winter Cresses, hath divers somewhat large and green Leaves lying upon the ground, torn or cut into divers parts, somewhat like unto Rocket, or Turnep Leaves with smaller pieces

pieces next the bottom and broad at the ends, which so abide all Winter (if it spring up in Autumn, when it is used to be eaten) from among which riseth up divers small round stalks full of branches bearing many small yellow flowers of four leaves apiece, after which come small long Pods with reddish Seed in them. The Root is somewhat stringy, and perisheth every year after the Seed is ripe.

Place. It groweth of its own accord in Gardens and Fields by the way sides in divers places, and particularly in the next Pasture to the Conduit Head behinde Grays Inn that brings water to Mr. Lambs Conduit in Holbourn.

Time. It flowereth in May, seedeth in June, and then perisheth.

Virtues and Use. This is profitable to provoke Urine, and helpeth the Strangury, and to expell Gravel and the Stone; It is also of good effect in the Scurvy: It is found by experience to be a singular good Wound Herb, to cleanse inward Wounds, the juyce, or decoction being drunk, or outwardly applied to wash foul Ulcers and Sores cleansing them by sharpness, and hinding, or abateing the dead flesh from growing therein, and healing them by the drying quality.

Strangury, Gravel & Stones Scurvy, Wounds, ulcers & Sores.

Roses.

I Hold it altogether needless to trouble the Reader with a Description of any of these: for both the Garden Roses and the Wilde Roses of the Bryars are well enough known. Take therefore the Virtues of them as followeth: And first I shall begin with the Garden kinds.

Virtues and Use. The white and the red Roses are cooling and drying, yet the white is taken to exceed the red in both those properties, but is seldom used inwardly in any Medicine. The bitterness in the Rose when they are fresh, especially the juyce purgeth Choller, and watery humours, but being dried and that heat which caused the bitterness being consumed, they have then a binding and astringent quality; Those also that are not full blown do both cool and binde more than those that are full blown, and the white Roses more than the red. The Decoction of the red Roses made with Wine and used, is very good for the Head-ach and pains in the Eys, Ears, Throat, and Gums, as also for the Fundament the lower Bowels, and the Matrix being bathed, or put into them. The same decoction with the Roses remaining in it is profitably applied to the Region of the heart to ease the Inflammation therein; as also S. Anthonies fire, and other diseases of the stomach. Being dried and beaten to pouder, and taken in steeled wine, or water, it helpeth to stay Womens Courses. The yellow threds in the middle of the red Roses

Choller and watrish humours, head ach, Pains in the Ears, Eys Throat & gums, Fundament bowels & Matrix. S. Anthonies fire,

stomach, Womens Courses Defluxions, fastneth Teeth. Lask and Spitting of bloud. Heat and Inflammations, Rest and sleep. whites & reds in women, Choller & flegm, Redness and watering of the Eyes.

(which are erronicusly called the Rose seeds) being poudered and drunk in the distilled water of Quinces, stayeth the overflowing of Womens Courses, and doth wonderfully stay the Defluxions of Rheum upon the Gums and Teeth, preserving them from corruption, and fastning them if they be loose, being washed and gargled therewith, and some Vineger of squills added thereto, the heads with Seed being used in pouder, or in a decoction stayeth the Lisk, and spitting of bloud. Red Roses do strengthen the heart, the stomach, and the Liver, and the retentive Faculties, they mitigate the pains that arise from heat, asswage Inflammations, procure rest and sleep, stay both whites and reds in Women, the Gonorrhea, running of the Reins and the Fluxes of the belly. The juyce of them doth purge and cleanse the body from Choller and Flegm: The Husks of the Roses with the beards and nails of the Roses are binding and cooling, and the distilled water of either of them is good for the heat and redness in the eys, and to stay and dry up the Rheum and watering of them. Of the red Roses are usually made many compositions all serving to sundry good uses; viz Electuary of Roses, Conserve both moist and dry, which is more usually called Sugar of Roses; Syrup of dried Roses, and Honey of Roses; The Cordial pouder called Diarhodon Abbatis, and Aromatica Rosarum; The distilled water of Roses Vineger of Roses, oyntment and Oyl of Roses, and the Rose leaves dried, which although no composition, yet of very great use and effect. To write at large of every one of these would make my book swell too big, it being sufficint for a Volum by it self to speak fully of them: But briefly; The Electuary is purging, whereof two or three drams taken by it self in some convenient liquor, is a purge sufficient for a weak constitution; but may be increased to six drams according to the strength of the Patient. It purgeth Choller without trouble, and is good in hot Feavers, and pains of the head, arising from hot Chollerick humours, and heat in the eys, the Jaundice also, and joynt Aches proceeding of hot humours. The moist Conserve is of much use, both binding and Cordial, for until it be about two years old it is more binding than Cordial, and after that, more Cordial than binding: Some of the younger Conserve taken with Methridatum mixed together, is good for those that are troubled with distillation of Rheum from the brain to the nose, and defluxions of Rheum into the eys, as also for Fluxes, and Lasks of the belly; and being mixed with the pouder of Mastick is very good for the running of Reins, and for other loosness of humours in the body. The old Conserve mixed with Aromaticum Rosarum is a very good Cordial against faintings swounings, weakness, and tremblings of the heart, strengthning both it, and a weak stomach, helpeth digestion stayeth casting, and is a very good preservative in the time of infection. The dry Conserve which is called

A purge for choller, hot feavers, Pains of the head Heat of the Eys Jaundice, & joynt aches Distillations and Defluxions of Rheum, Fluxes & Lasks

called Sugar of Roſes, is a very good Cordial to ſtrengthen the heart and ſpirits; as alſo to ſtay defluxions. The Syrup of dried red Roſes ſtrengtheneth a ſtomach given to caſting, cooling an over-heated Liver, and the bloud in Agues, comforteth the heart, and reſiſteth putrefaction and infection, and helpeth to ſtay Laſks and Fluxes. Honey of Roſes is much uſed in gargles and Lotions to waſh Sores either in the Mouth, Throat, or other parts, both to cleanſe and heal them, and to ſtay the Fluxes of humours falling upon them; it is alſo uſed in Clyſters both to cool and cleanſe. The Cordial pouders called Diarhodon Abbatis, and Aromaticum Roſarum do comfort, and ſtrengthen the heart and ſtomach, procure an Appetite help digeſtion, ſtayeth vomiting, and is very good for thoſe that have ſlippery bowels to ſtrengthen them, and to dry up their moiſture. Red Roſe-water is of well known and familiar uſe in all occaſions (and better than Damaſk Roſe-water) being cooling and Cordial, refreſhing and quickning the weak and faint ſpirits, uſed either in meats, or broths, to waſh the Temples, or to ſmell to at the Noſe, or to ſmell the ſweet vapours thereof out of a perfuming pot, or caſt on a hot Fire-ſhovel: It is alſo of much good uſe againſt the redneſs, and inflammations in the eys to bath them therewith: and the Temples of the head alſo againſt pain and ach, for which purpoſe alſo Vineger of Roſes is of much good uſe, and to procure reſt and ſleep, if ſome thereof and Roſe-water together be uſed to ſmell unto, or the Noſe and Temples moiſtned therewith, but more uſually to moiſten a piece of red Roſe Cake cut fit for the purpoſe, and heated between a double folded cloth, with a little beaten Nurmeg and Poppy ſeed, ſtrewed on the ſide that muſt ly next to the forehead and Temples, and ſo bound thereto for all night. The Ointment of Roſes is much uſed againſt heat and Inflammations in the head, to anoint the forehead and Temples, and being mixed with Unguentum Populeon, to procure reſt; as alſo it is uſed for the heat of the Liver, of the back and Reins, and to cool and heal Puſhes, Wheals and other red pimples riſing in the face, or other parts. Oyl of Roſes is not onely uſed by it ſelf to cool any hot ſwellings, or Inflammations, and to binde and ſtay fluxes of humours unto ſores, but is alſo put into Ointments and Plaiſters that are cooling and binding, and reſtraining the flux of humours. The dried Leaves of the red Roſes are uſed both inward and outwardly, both cooling, binding, and Cordial, for with them are made both Aromaticum Roſarum, Diarhodon Abbatis, and Saccharum Roſarum, each of whoſe properties are before declared. Roſe Leaves and Mints heated and applied outwardly to the ſtomach, ſtayeth caſtings, and very much ſtrengtheneth a weak ſtomach, and applied as a Fomentation to the Region of the Liver and Heart, doth much cool and temper them, and alſo ſerveth inſtead of a roſe-Cake (as is

ſaid

running of the Reins, Faintings Swoons ings and trembling of the heart, helpeth digeſtion, ſtayeth caſting, infection, cooleth Liver, & bloud, reſiſt the putrefaction and Infection Sore mouths, Throats, &c. comfort the heart and ſtomach, ſtay vomiting, Faint ſpirits, redneſs of Eys Procure ſleep, Heat of the liver Back and Reins, Puſhes, Wheals, and Pimples, Fluxes of humours, Weak ſtomach.

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(which are erroniously called the Rose seeds) being poudered and drunk in the distilled water of Quinces, stayeth the overflowing of Womens Courses, and doth wonderfully stay the Defluxions of Rheum upon the Gums and Teeth, preserving them from corruption, and fastning them if they be loose, being washed and gargled therewith, and some Vineger of Squills added thereto, the heads with Seed being used in pouder, or in a decoction stayeth the Lask, and spitting of bloud. Red Roses do strengthen the heart, the stomach, and the Liver, and the retentive Faculties, they mitigate the pains that arise from heat, asswage Inflammations, procure rest and sleep, stay both whites and reds in Women, the Gonorrhea, running of the Reins and the Fluxes of the belly. The juyce of them doth purge and cleanse the body from Choller and Flegm: The Husks of the Roses with the beards and nails of the Roses are binding and cooling, and the distilled water of either of them is good for the heat and redness in the eys, and to stay and dry up the Rheums and watering of them. Of the red Roses are usually made many compositions all serving to sundry good uses, viz. Electuary of Roses, Conserve both moist and dry, which is more usually called Sugar of Roses; Syrup of dried Roses, and Honey of Roses; The Cordial pouder called Diarhodon Abbatis, and Aromatica Rosarum; The distilled water of Roses Vineger of Roses, oyntment and Oyl of Roses, and the Rose leaves dried, which although no composition, yet of very great use and effect. To write at large of every one of these would make my book swell too big, it being sufficient for a Volum by it self to speak fully of them: But briefly; The Electuary is purging, whereof two or three drams taken by it self in some convenient liquor, is a purge sufficient for a weak constitution; but may be increased to six drams according to the strength of the Patient. It purgeth Choller without trouble, and is good in hot Feavers, and pains of the head, arising from hot Chollerick humours, and heat in the eys, the Jaundice also, and joynt Aches proceeding of hot humours. The moist Conserve is of much use, both binding and Cordial, for until it be about two years old it is more binding than Cordial, and after that, more Cordial than binding: Some of the younger Conserve taken with Methridatum mixed together, is good for those that are troubled with distillation of Rheum from the brain to the nose, and defluxions of Rheum into the eys, as also for Fluxes, and Lasks of the belly; and being mixed with the pouder of Mastick is very good for the running of Reins, and for other loosness of humours in the body. The old Conserve mixed with Aromaticum Rosarum is a very good Cordial against faintings swounings, weakness, and tremblings of the heart, strengthning both it, and a weak stomach, helpeth digestion stayeth casting, and is a very good preservative in the time of infection. The dry Conserve which is called

A purge for choller, hot feavers, Pains of the head Heat of the Eys Jaundice, & joynt-aches Distillations and Defluxions of Rheum, Fluxes & Lasks

called Sugar of Roſes, is a very good Cordial to ſtrengthen the heart and ſpirits; as alſo to ſtay defluxions. The Syrup of dried red Roſes ſtrengthneth a ſtomach given to caſting, cooling an over-heated Liver, and the bloud in Agues, comforteth the heart, and reſiſteth putrefaction and infection, and helpeth to ſtay Lasks and Fluxes. Honey of Roſes is much uſed in gargles and Lotions to waſh Sores either in the Mouth, Throat, or other parts, both to cleanſe and heal them, and to ſtay the Fluxes of humours falling upon them; it is alſo uſed in Clyſters both to cool and cleanſe. The Cordial poulders called Diarhodon Abbatis, and Aromaticum Roſarum do comfort, and ſtrengthen the heart and ſtomach, procure an Appetite help digeſtion, ſtayeth vomiting, and is very good for thoſe that have ſlippery bowels to ſtrengthen them, and to dry up their moiſture. Red Roſe-water is of well known and familiar uſe in all occaſions (and better than Damaſk Roſe-water) being cooling and Cordial, refreſhing and quickning the weak and faint ſpirits, uſed either in meats, or broths, to waſh the Temples, or to ſmell to at the Noſe, or to ſmell the ſweet vapours thereof out of a perfuming pot, or caſt on a hot Fire-ſhovel: It is alſo of much good uſe againſt the redneſs, and Inflammations in the eys to bath them therewith: and the Temples of the head, alſo againſt pain and ach, for which purpoſe alſo Vineger of Roſes is of much good uſe, and to procure reſt and ſleep, if ſome thereof and Roſe-water together be uſed to ſmell unto, or the Noſe and Temples moiſtned therewith, but more uſually to moiſten a piece of red Roſe Cake cut fit for the purpoſe, and heated between a double folded cloth, with a little beaten Nurmeg and Poppy ſeed, ſtrewed on the ſide that muſt ly next to the forehead and Temples, and ſo bound thereto for all night. The Ointment of Roſes is much uſed againſt heat and Inflammations in the head, to anoint the forehead and Temples, and being mixed with Unguentum Populeon, to procure reſt; as alſo it is uſed for the heat of the Liver, of the back and Reins, and to cool and heal Puſhes, Wheals and other red pimples riſing in the face, or other parts. Oyl of Roſes is not onely uſed by it ſelf to cool any hot ſwellings, or Inflammations, and to binde and ſtay fluxes of humours unto ſores, but is alſo put into Oyntments and Plaiſters that are cooling and binding, and reſtraining the flux of humours. The dried Leaves of the red Roſes are uſed both inward and outwardly, both cooling, binding, and Cordial, for with them are made both Aromaticum Roſarum, Diarhodon Abbatis, and Saccharum Roſarum, each of whoſe properties are before declared. Roſe Leaves and Mints heated and applied outwardly to the ſtomach, ſtayeth caſtings, and very much ſtrengtheneth a weak ſtomach, and applied as a Fomentation to the Region of the Liver and Heart, doth much cool and temper them, and alſo ſerveth inſtead of a roſe-Cake (as is ſaid

running of the Reins, Faintings, Swoonings, and trembling of the heart, helpeth digeſtion, ſtayeth caſting, infection, cooleth Liver, & bloud, reſiſt the putrefaction and Infection Sore mouths, Throats, &c. comfort the heart and ſtomach, ſtay vomiting, Faint ſpirits, redneſs of Eys, Procure ſleep, Heat of the liver Back and Reins, Puſhes, Wheals, and Pimples, Fluxes of humours, Weak ſtomach.

said before) to quiet the over hot spirits, and cause rest and sleep. The *Syrup* of Damask Roses is both simple and compound, and made with Agrick. The simple Solutive Syrup is of a familiar, safe, gentle, and easie Medicine purging Choller, taken from one ounce to three or four; yet this is remarkable herein. That the distilled water of this Syrup should notably binde the belly; The *Syrup* with Agrick is more strong and effectual, for one ounce the eof by it self will open the body more than the other, and worketh as much on Flegm as Choller. The compound Syrup is more forcible in working on Melancholick humours, and available against the Lepry, Itch, Tetters &c. and the French disease: Also Honey of Roses Solutive is made of the same infusion that the *Syrup* is made of, and therefore worketh the same effect both in opening and purging, but is oftner given to Flegmatick than Chollerick persons, and is more used in Clysters than in Potions, as the Syrup made with Sugar is. The Conserve and preserved leaves of these Roses are also operative, in gently opening the belly. The simple water of the Damask Roses is chiefly used for fumes to sweeten things, as the dried leaves thereof to make sweet pouders, and fill sweet bags, and little use they are put to in Physick, although they have some purging quality; The wilde Roses also are few, or none of them used in Physick, but yet are generally held to come near the nature of the Manured Roses. The fruit of the wilde Bryar which are called Heps, being throughly ripe and made into a Conserve with Sugar besides the pleasantness of the taste doth gently binde the belly, and stay Defluxion from the head upon the stomach, drying up the moisture thereof, and helpeth digestion. The Pulp of the Heps dried unto a hard consistence, like to the juyce of Liquoris, or so dried that it may be made into pouder and taken in drink stayeth speedily the Whites in Women. The Bryar balls often used being made into pouder and drunk to break the stone, to provoke Urine when it is stopped, and to ease and help the Chollick; some appoint it to be burnt, and then taken for the same purpose. In the middle of these balls are often found certain white Worms, which being dried and made into pouder, and some of it drunk, is found by experience of many to kill and drive forth the Worms of the belly.

Purge choller, Binds the belly, Melancholick humours, Lepry, Itch, Tetters, French, Pox, Opens the Belly.

Binds the Belly, and stay Defluxions, whites in women, Stone, provoke Urine, chollick, worms.

What a quarter have Authours made with Roses, what a racket have they kept? I shall add, red Roses are under Jupiter, Damask under Venus, and white under the Moon, and Province under the King of France.

Rosa Solis, or Sun-dew.

Description. THis hath divers small round hollow leaves, somewhat greenish, but full of certain red hairs

hairs, which makes them ſeem red, every one ſtanding upon its own footſtalk, reddiſh hairy likewiſe. The leaves are continually moiſt in the hotteſt day, yea the hotter the Sun ſhines on them the moiſter they are, with a certain ſlimineſs that will rope, (as we ſay) the ſmall hairs always holding this moiſture: among theſe leaves riſe up ſmall ſlender ſtalks, reddiſh alſo, three or four fingers high, bearing divers ſmall white knobs one above another, which are the flowers, after which in the heads are certain ſmall Seeds, the Root is a few ſmall hairs.

Place. It groweth uſually on bogs, and in wet places, and ſometimes in moiſt Woods.

Time. It flowereth in June, and then the leaves are fitteſt to be gathered.

Virtues and Uſe. Roſa Solis is accounted good to help thoſe that have ſalt Rheum diſtilling on their Lungs, which breedeth a Conſumption, and therefore the diſtilled water thereof in Wine is held fit and profitable for ſuch to drink, which water will be of a gold yellow colour: The ſame water is held to be good for all other diſeaſes of the Lungs, as Phtiſicks, Wheeſing, ſhortneſs of breath, or the Cough; as alſo to heal the Ulcers that happen in the Lungs, and it comforteth the heart and fainting ſpirits, the leaves outwardly applied to the ſkin will raiſe Bliſters, which hath cauſed ſome to think it dangerous to be taken inward; but there are other things which will alſo draw Bliſters, yet nothing dangerous to be taken inwardly. There is an uſual drink made hereof with Aqua-vite, and Spices frequently, and without any offence or danger, but to good purpoſe uſed in qualms and paſſions of the heart.

Diſtillations of Rheum. Phtiſick, wheeſing, Shortneſs of breath, Cough, Ulcers in the Lungs, comfort the heart, Raiſe bliſters, Paſſions of the heart.

The Sun rules it, and it is under the ſign Cancer.

Roſemary.

OUr Garden Roſemary is ſo well known, that I need not here deſcribe it.

Time. It flowereth in April and May with us, and ſometimes again in Auguſt.

Virtues and Uſe. It is an Herb of as great uſe with us in theſe dayes, as any whatſoever, not onely for Phyſical but Civil purpoſes. The Phyſical uſe of it (being my preſent taſk) is very much, both for inward and outward diſeaſes; For by the warming and comforting heat thereof it helpeth all cold diſeaſes, both of the head, ſtomach, liver, and belly. The decoction thereof in Wine helpeth the cold Diſtillations of Rheum into the eyes, and all other cold diſeaſes of the head and brain, as the giddineſs, or ſwimming therein, drowſineſs, or dulneſs of the minde and ſenſes, like a ſtupidneſs, the dumb Palſey, or loſs of ſpeech, the Lethargy, and Falling-ſickneſs, to be both drunk and the Temples bathed therewith. It helpeth the pains in the Gums and Teeth, by Rheum falling into them, or by putre-

cold diſeaſes, Rheum, ſwimming of the head. Drowſineſs, Stupidity.

Dumb Palſey; Lethargy, and Falling ſickneſs, Toothach, Stinking breath, Weak memory, ſtomach, Retention of meat, Winde, Liver-grown, Dim ſight, yellow Jaundice, peſtilence, VVhites in women, Cough, Phtiſick, or Conſumption, Benummed Joynts,

putrefaction cauſing an evil ſmell from them, or a ſtinking breath. It helpeth a weak Memory, and quickneth the ſenſes. It is very comfortable to the ſtomach in all the cold griefs thereof, helping both retention of meat, and digeſtion, the decoction, or pouder being taken in Wine: It is a remedy for the windineſs in the ſtomach, or bowels, and expelleth it powerfully, as alſo winde in the Spleen. It helpeth thoſe that are Liver-grown, by opening the obſtructions thereof. It helpeth dim eyes, and procureth a clear ſight, the flowers thereof being taken all the while it is flowering, every morning faſting with bread and Salt. Both Dioſcorides and Galen ſay, That if a decoction be made thereof with water, and they that have the yellow Jaundice do exerciſe their bodies preſently after the taking thereof, it will certainly cure it: the flowers and the Conſerve made of them, is ſingular good to conſort the heart, and to expell the contagion of the Peſtilence; to burn the Herb in Houſes and Chambers correcteth the air in them: Both the flowers and the leaves are very profitable for Women that are troubled with the Whites, if they be dayly taken. The dried leaves ſhred ſmall and taken in a Pipe like as Tobacco is taken, helpeth thoſe that have any Cough, or Phtiſick, or Conſumption, by warming and drying the thin diſtillations which cauſe thoſe diſeaſes. The leaves are much uſed in bathings, and made into oyntments, or Oyls, is ſingular good to help cold benummed Joynts, Sinews, or Members. The Chimical Oyl drawn from the leaves and flowers, is a ſovereign help for all the diſeaſes aforeſaid; to touch the Temples and Noſtrils with two or three drops, for all the diſeaſes of the head and brains ſpoken of before; as alſo to take a drop, two or three as the cauſe requireth for the inward griefs, yet muſt it be done with diſcretion, for it is very quick and piercing, and therefore but a very little muſt be taken at a time. There is alſo another Oyl made by inſolation in this manner: Take what quantity you will of the flowers, and put them into a ſtrong glaſs cloſe ſtopped, tie a fine linnen cloath over the Mouth, and turn the mouth down into another ſtrong glaſs, which being ſet in the Sun, an Oyl will diſtill down into the lower glaſs, to be preſerved as precious for divers uſes, both inward and outward as a ſovereign Balm to heal the diſeaſes before mentioned, to clear a dim ſight, and to take away ſpots, marks and ſcars in the ſkin.

Spots and Scars in the skin.

The Sun claims priviledge in it, and it is under the celeſtial Ram.

Rubarb, or Rhapontick.

DO not ſtart, and ſay this grows you know not how far off; and then aſk me, How it comes to paſs that I bring it among our Engliſh ſimples: for though the name

name may speak it Forreign, yet it grows with us in England, and that frequent enough in our Gardens and when you have throughly perused its Virtues, you will conclude it nothing inferior to that which is brought us out of China, and by that time this hath been as much used as that hath been, the name which the other hath gotten will be eclipsed by fame of this: Take therefore a Description at large of it, as followeth.

Description. At the first appearing out of the ground when the Winter is past, it hath a great round brownish head rising from the middle, or sides of the Root, which openeth it self into sundry leaves one after another, very much crumpled, or folded together at the first, and brownish, but afterward it spreadeth it self and becometh smooth very large and almost round, every one standing on a brownish stalk of the thickness of a mans thumb, when they are grown to their fulness, and most of them two foot and more in length, especially when they grow in any moist, or good ground; and the stalk of the leaf also from the bottom thereof to the leaf it self, being also two foot; the breadth thereof from edge to edge in the broadest place, being also two foot, of a sad or dark green colour, of a fine tart, or sowrish taste, much more pleasant than the Garden, or Wood-sorrel. From among these riseth up some, but not every year, a strong thick stalk, not growing so high as the Patience, or Garden Dock, with such round leaves as grow below, but smaller, at every joynt up to the top, and among the flowers which are white, spreading forth into many branches, and consisting of five or six small white leaves apiece, hardly to be discerned from the white threds in the middle, and seeming to be all threds, after which come brownish three square Seed like unto other Docks, but larger whereby it may be plainly known to be a Dock. The Root groweth in time to be very great, with divers and sundry great spreading branches from it, of a dark, brownish, or reddish colour on the outside, with a pale yellow skin under it which covereth the inner substance, or Root, which rinde and skin being pared away, the Root appeareth of so fresh and lively a colour, with flesh-coloured veins running through it, that the choicest of that Rubarb that is brought us from beyond the Seas cannot excell it: which Root if it be dried carefully and as it ought (which must be in our Countrey by the gentle heat of a fire in regard the Sun is not hot enough here to do it, and every piece kept from touching one another) will hold his colour almost as well as when it is fresh; and hath been approved of and commended by those who have oftentimes used them.

Place. It groweth in Gardens, and flowereth about the beginning, or middle of June, and the Seed is ripe in July.

Time. The Roots that are to be dried and kept all

the year following, are not to be taken up before the ſtalk and leaves be quite withered and gone, and that is not untill the middle or end of October; and if they be taken a little before the leaves do ſpring, or when they are ſprung up, the Roots will not have half ſo good a colour in them.

I have given the precedence unto this, becauſe in virtues alſo it hath the preheminence; I come now to deſcribe unto you that which is called Patience, or Monks Rubarb; and next unto that, the great round leaved Dock, or Baſtard Rubarb; for the one of theſe may happily ſupply in the abſence of the other; being not much unlike in their virtues, onely one more powerfull and efficacious than the other; and laſtly, ſhall ſhew you the virtues of all the three ſorts.

Garden Patience, or Monks Rubarb.

Deſcription. THis is a Dock, bearing the name of Rubarb, for ſome purging quality therein, and groweth up with large tall ſtalks, ſet with ſomewhat broad and long fair green leaves, not dented at all; the tops of the ſtalks being divided into many ſmall branches, bear reddiſh, or purpliſh flowers, and three ſquare Seed like unto other Docks. The Root is long, great and yellow like unto the wilde Docks, but a little redder, and if it be a little dried ſheweth leſs ſtore of diſcoloured veins, than the next doth when it is dry.

Great round leaved Dock, or Baſtard Rubarb.

Deſcription. THis hath divers large, round, thin, yellowiſh green leaves, riſing from the Root, a little waved about the edges, every one ſtanding on a reaſonable thick, and long brownish footſtalk; from among which, riſeth up a pretty big ſtalk about two foot high, with ſome ſuch like leaves growing thereon, but ſmaller. At the top whereof ſtand in a long ſpike many ſmall browniſh flowers, which turn into hard three ſquare ſhining brown Seed, like the Garden Patience before deſcribed. This Root groweth greater than that, with many branches, or great fibres thereat, yellow on the outſide, and ſomewhat pale yellow within, with ſome diſcoloured veins like to the Rubarb which is firſt deſcribed, but much leſs than it, eſpecially when it is dry.

Place and Time. Theſe alſo grow in Gardens, and flower and Seed at, or near the ſame time that our true Rubarb doth, viz. they flower in June, and the Seed is ripe in July.

Virtues and Uſe. A dram of the dried Root of Monks Rubarb, with a ſcruple of Ginger made into

pouder and taken faſting in a draught, or meſs of warm broth, purgeth Choller and Flegm downward very gently, and ſafely without danger: The Seed thereof contrarily doth binde the belly, and helpeth to ſtay any ſort of Laſk, or bloudy Flux. The diſtilled water thereof is very profitably uſed to heal Scabs, as alſo foul ulcerous Sores, and to allay the Inflammations of them: The juyce of the leaves, or Roots, or the decoction of them in Vineger is uſed as a moſt effectual remedy to heal Scabs and running Sores.

Purge choller, and flegm, ſtay laſks and bloudy flux, Scabs, and Ulcerous ſores, running ſores.

The Baſtard Rubarb hath all the properties of the Monks Rubarb, but more effectual for both inward and outward diſeaſes. The decoction thereof with Vineger dropped into the ears, taketh away the pains: gargled in the mouth, taketh away Tooth-ach, and being drunk healeth the Jaundice. The Seed thereof taken eaſeth the gnawing and griping pains of the ſtomach, and taketh away the loathing thereof unto meat: The Root thereof helpeth the ruggedneſs of the Nails, and being boyled in Wine helpeth the ſwellings of the Throat, commonly called the Kings Evil, as alſo the ſwellings of the Kernels of the ears: It helpeth them that are troubled with the ſtone; provoketh Urine, and helpeth the dimneſs of the ſight. The Roots of this Baſtard Rubarb are uſed in opening and purging diet-drinks with other things, to open the Liver, and to cleanſe and cool the bloud.

Pains of the ears, Tooth-ach, Jaundice, Pains of the Stomach, and loathing of meat, Kings Evil, Stone, Urine, dim ſight Liver, & bloud, Choller, & flegm, Obſtructions, jaundice, Dropſie, Spleen, Agues, Pains of the ſides, and ſpitting of bloud, running of the Reins, Swellings in the head, Seiatica, Gout, Cramp.

The properties of that which is called the Engliſh Rubarb are the ſame with the former, but much more effectual, and hath all the properties of the true Indian Rubarb, except the force in purging, wherein it is but of half the ſtrength thereof, and therefore a double quantity muſt be uſed: it likewiſe hath not that bitterneſs and aſtriction; in other things it worketh almoſt in an equal quality, which are theſe: It purgeth the body of Choller and Flegm, being either taken of it ſelf, made into pouder and drunk in a draught of white Wine, or ſteeped therein all night and taken faſting, or put among other purgers, as ſhall be thought convenient, cleanſing the ſtomach, Liver, and bloud, opening obſtructions, and helping thoſe griefs that come thereof; as the Jaundice, Dropſie, ſwelling of the Spleen, Tertian and day Agues, and the pricking pain of the ſides, and alſo it ſtayeth ſpitting of bloud. The pouder taken with Caſſia diſſolved, and a little waſhed Venice Turpentine, cleanſeth the Reins and ſtrengtheneth them afterwards, and is very effectual to ſtay the running of the Reins, or Gonorrhea. It is alſo given for the pain and ſwellings in the head, for thoſe that are troubled with Melancholly, and helpeth the Sciatica, the Gout, and the Cramp. The pouder of Rubarb taken with a little Mummia and Madder Roots in ſomered Wine, diſſolveth clotted bloud in the body, happning by any fall or bruiſe, and healeth burſtings and broken parts as well inward as outward: The Oyl likewiſe wherein it hath been boyled, worketh the like

Clotted bloud, ulcers in the eys or ey-lids, swelling, inflammations, black and blue spots, purge Liver & Stomach.

effects, being anointed. It is used to heal those ulcers that happen in the eys and ey-lids, being steeped and strained; as also to asswage the swellings and inflammation; and applied with Honey, or boiled Wine, it taketh away all black and blue spots or marks that happen therein. Whey or white Wine are the best Liquours to steep it in, and thereby it worketh more effectually in opening Obstructions, and purging the stomach and Liver, Many do use a little Indian Spiknard as the best corrector thereof.

Mars claims predominancy over all these wholesome herbs, you cry out upon him for an infortune, when God created him for your good (onely he is angry with fools) what dishonour is this, not to Mars, but to God himself.

Meadow-Rue.

Descri-ption. THis riseth up with a yellow stringy Root, much spreading in the ground, and shooting forth new sprouts round about, with many herby green stalks two foot high, crested all the length of them, set with joynts here and there, and many large Leaves on them as well as below, being divided into smaller Leaves, nicked or dented in the fore-part of them, of a sad green colour on the upper-side, and pale green underneath; toward the top of the stalk there shooteth forth divers short branches, on every one thereof there stand two, three, or four small round heads or buttons, which breaking the skin that incloseth them shew forth a tuft of pale greenish yellow threds, which falling away there comes in their places small three-cornered Cods, wherein is contained small, long, and round seed. The whole plant hath a strong unpleasant scent.

Place. It groweth in many places of this Land; in the borders of moist meadows, and by ditch-sides.

Time. It flowreth about July, or the beginning of August.

old sores, open the body, Lice and vermine, plague, jaundice.

Virtues and Use. Dioscorides saith, that the herb bruised and applied perfectly healeth old sores: and the distilled water of the herb and flowers doth the like. It is used by some among other Pot-herbs to open the body and make it soluble; but the Roots washed clean, and boiled in Ale and drunk provoketh to the stool more than the Leaves, but yet very gently. The Root boiled in water, and the places of the body most troubled with Vermine or Lice, washed therewith while it is warm, destroyeth them utterly. In Italy it is used against the Plague, and in Saxony against the Jaundice, as Camerarius saith.

Garden

Garden-Rue.

THis is so well known, both by this name, and the name Herb of Grace, that I shall not need to write you any further description of it, but shall onely shew you the virtues of it as followeth.

Virtues and Use. It provoketh urine, and womens Courses, being either taken in meat or drink. The seed thereof taken in Wine is an Antidote against all dangerous medicines, or deadly poysons. The Leaves taken either by themselves, or with Figs or Walnuts is called Methridates his Counter-poyson against the Plague, and causeth all venomous things to become harmless: being often taken in meat or drink it abateth venery, and destroyeth the ability to beget children. A decoction made thereof with some dried Dill-Leaves and flowers, easeth all pains and torments inwardly to be drunk, and outwardly to be applied warm to the place grieved. The same being drunk helpeth the pains both of the chest and sides, as also coughs, hardness of breathing, the inflammation of the Lungs, and the tormenting pains of the Sciatica, and the joynts, being anointed or laid to the places, as also the shaking fits of Agues, to take a draught before the fit come: being boiled or infused in Oyl it is good to help the winde-chollick, the hardness or windiness of the Mother, and freeth women from the strangling or suffocation thereof, if the Share and the parts thereabouts be anointed therewith: it killeth and driveth forth the worms of the belly, if it be drunk after it is boiled in Wine to the half with a little Honey: it helpeth the Gout or pains in the joynts of hands, feet, or knees, applied thereunto: and with figs it helpeth the Dropsie being bathed therewith: being bruised and put into the nostrils it stayeth the bleeding thereof. It helpeth the swelling of the Cods if they be bathed with a decoction of Rue and Bay-leaves. It taketh away wheals and pimples if being bruised with a few Mirtle-leaves; if it be made up with Wax, & applied, it cureth the Morphew, and taketh away all sorts of warts, if boiled in Wine with some Pepper and Nitre, and the places rubbed therewith: & with Allum & Honey, helpeth the dry Scab or any Tetter or Ring-worm: the juyce thereof warmed in a Pomegranate shell or rinde, and dropped into the Ears helpeth the pains of them. The juyce of it and Fennel, with a little Honey, and the Gaul of a Cock put thereto, helpeth the dimness of the ey-sight. An Ointment made of the juyce thereof with Oyl of Roses, Ceruss, and a little Vineger, and anointed, cureth St. Anthonies fire, and all foul running sores in the head, and the stinking ulcers of the Nose, or other parts. The Antidote used by Methridates every morning fasting to secure himself from any poyson or infection, was this. Take twenty Leaves of Rue, a little Salt, a couple of Walnuts, and a couple of figs beaten together into a Mass with

Urine, womens Courses, poyson, plague, abate venery, pains of the chest and sides, cough, hard breathing, Sciatica, joint-aches, agues, winde-chollick, mother, worms, Gout, dropsie, bleeding, swellings of the cods, wheals, pimples: morphew warts, scab, tetters ring-worms: pains of the Ears: dim sight, S. Anthonies fire, running sores of the head, ulcers of the nose:

antidote,

twenty Juniper berries, which is the quantity appointed for every day. Another Electuary is made thus; Take of Nitre, Pepper, and Cummin-seed, of each equal parts, of the Leaves of Rue clean picked, as much in weight as all the other three weighed, beat them well together, and put as much Honey as will make it up into an Electuary; (but you must first steep your Cummin-seed in Vineger twenty four hours, and then dry it, or rather toast it in a hot fire-shovel, or in an Oven) and it is a remedy for the pains and griefs of the cheft or stomach, of the spleen, belly, or sides, by winde or stitches, of the Liver by Obstructions, of the reins and bladder by the stopping of urine, and helpeth also to extenuate fat corpulent bodies.

pains in the cheft: stomach, spleen: belly, Obstructions.

What an infamy is cast upon the ashes of Mithridates (or Mithridates, as the Augustanes reade his name) by unworthy people; they that deserve no good report themselves, love to give none to others, viz. that that renowned King of Pontus fortified his body by poyson against poyson (He cast out Devils by Beelzebub the Prince of Devils) what a sot is he that knows not if he had accustomed his body to cold poysons hot poysons would have dispatched him, or the contrary if not, corrosions would have done it; the whole world is at this very time beholding to him for his studies in Physick, and he that useth the quantity of but a Hazel-nut of that Recept every morning, to which his name is adjoyned shall to admiration preserve his body in health, if he do but consider that Rue is an herb of the Sun, and under Leo, and gather it and the rest accordingly.

Rupture-wort.

Descri-ption. THis spreadeth very many threddy branches round about upon the ground, about a span long, divided into many other smaller parts, full of small joynts set very thick together, whereat come forth two very small Leaves of a fresh yellowish green colour, branches and all, where groweth forth also a number of exceeding small yellowish flowers, scarce to be discerned from the stalks and Leaves, which turn into seed as small as the very dust: the Root is very long and small, thrusting down deep into the ground: this hath neither smell nor taste at first, but afterward hath a little astringent taste, without any manifest heat, yet a little bitter and sharp withall.

Place. It groweth in dry, sandy, and rocky places.

Time. It is fresh and green all the Summer.

Virtues and Use. Rupture-wort hath not his name in vain, for it is found by experience to cure the Rupture, not onely in children but also in elder persons, if the disease be not too inveterate, by taking a dram of the pouder of the dried herb every day in Wine for certain days together; or the Decoction made in Wine

Rupture

and

and drunk: or the juyce or diſtilled water of the green herb taken in the ſame manner; and helpeth all other fluxes either in men or women; vomitings alſo, and the Gonorrhea or running of the Reins, being taken any of the ways aforeſaid. It doth alſo moſt aſſuredly help thoſe that have the ſtrangury, or have their urine ſtopped, or are troubled with the ſtone or gravel in their reins or bladder: the ſame alſo helpeth much all ſtitches in the ſide, all griping Pains in the ſtomach or belly, the Obſtructions of the Liver, and cureth the yellow Jaundice likewiſe: it killeth alſo the worms in children: being outwardly applied it conglutineth wounds notably, and helpeth much to ſtay defluxions of rheum from the head to the eys, noſe and teeth, being bruiſed green and bound thereto; or the Decoction of the dried herb to bath the forehead and temples, or the nape of the neck behinde: it alſo drieth up the moiſture of fiſtulous ulcers, or any other that are foul and ſpreading.

Fluxes running of the Reins, ſtrangury Stone, gravel, ſtitches, yellow jaundice, worms, wounds, defluxion foul ulcers.

They ſay Saturn cauſeth Ruptures, if he do, he doth no more than he can cure; if you want wit he will teach you though to your coſt; this herb is Saturns own, and is a notable Antivenerian.

Ruſhes.

ALthough there are many kindes of Ruſhes, yet I ſhall onely here inſiſt upon thoſe which are beſt known, and moſt medicinal, as the Bul-ruſhes, and other of the ſoft and ſmooth kindes; which grow ſo commonly in almoſt every place of this Land, and are ſo generally noted, that I ſuppoſe it needleſs to trouble you with any deſcription of them: briefly then take the virtues of them as followeth.

Virtues and Vices. The ſeeds of theſe ſoft Ruſhes, ſaith Dioſcorides and Galen, toaſted (ſaith Pliny) being drunk in wine and water, ſtayeth the Laſk and womens Courſes, when they come down too abundantly: but it cauſeth head-ach: it provoketh ſleep likewiſe, but muſt be given with caution, leſt the party that takes it wake not untill the Reſurrection: Pliny ſaith, the Root boiled in water to the conſumption of one third helpeth the Cough.

Thus you ſee that conveniencies have their inconveniencies, and virtue is ſeldom unaccompanied with ſome vices. What I have written concerning Ruſhes is to ſatisfie my Countreymens queſtion, Are our Ruſhes good for nothing? Yes, and as good let alone as taken; There are remedies enough without them for every diſeaſe, and therefore as the Proverb is, I care not a Ruſh for them, or rather they will do you as much good as if one had given you a Ruſh.

Rye.

THis is so well known in all the Countries of this Land, and especially to the Country people who feed much thereon, that if I should describe it, they would presently say, I might well have spared that labour: its virtues follow.

Virtues and Use. Rye is more digesting than Wheat; the Bread and the Leaven thereof ripeneth and breaketh impostumes, boils, and other swellings: the Meal of Rye put between a double cloth, and moistned with a little Vineger, and heated in a Pewter dish, set over a Chafing-dish of coals, and bound safe to the head while it is hot, doth much ease the continual pains of the head. Mathiolus saith, that the ashes of Rye-straw put into Water, and suffered therein a day and a night, and the chops of the hands or feet washed therewith, doth heal them.

Impostume, boils, and swellings, pains of the head. Chaps of the hands or feet.

Saffron.

THis herb needs no description, it being known generally where it grows.

Place. It grows frequently at Walden in Essex, and in Cambridg-shire.

Virtues and Use. It is an herb of the Sun, and under the Lion, and therefore you need not demand a reason why it strengthens the heart so exceedingly: let not above ten grains be given at one time, for if the Sun which is the fountain of life, may dazle the eys, and make them blinde, a Cordial being taken in an immoderate quantity may hurt the heart instead of helping it. It quickens the brain, for the Sun is exalted in Aries, as well as he hath his house in the Dragons head: it helps the Consumption of the Lungs, and difficulty of breathing: it is an excellent thing in epidemical diseases, as Pestilences, Small Pox, and Measles: it is an excellent expulsive medicine, and a notable remedie for the yellow Jaundice. My opinion is (but I have no Author for it) that Hermodactils is nothing else but the Roots of Saffron dried, and my reason is, that the Roots of all Crocus both white and yellow purge flegm as Hermodactils do, and if you please to dry the Roots of any Crocus, neither your ey nor your taste shall distinguish it from Hermodactils.

Sage.

OUr ordinary Garden Sage needeth no Description. Time. It flowreth in or about July.

Virtues and Use. A Decoction of the Leaves and branches of Sage made and drunk, saith Dioscorides, provoketh urine, bringeth down womens Courses, helpeth to expell the dead childe, and causeth the

Provoke urine, womens courses, expell the dead childe,

hairs

hairs to become black: it stayeth the bleeding of wounds, and cleanseth foul ulcers or sores; the said Decoction made in Wine taketh away the itching of the Gods if they be bathed therewith. Agrippa saith, that if women that cannot conceive by reason of the moist slipperiness of their wombs shall take a quantity of the juyce of Sage with a little Salt for four days before they company with their husbands, it will help them not onely to conceive, but also to retain the birth without miscarrying. Orpheus saith, three spoonfuls of the juyce of Sage taken fasting with a little Honey, doth presently stay the spitting or casting up of bloud. For them that are in a Consumption, these Pills are much commended. Take of Spiknard and Ginger of each two drams; of the seed of Sage roasted at the fire, eight drams; of long Pepper twelve drams, all these being brought into fine pouder, put thereto so much juyce of Sage as may make them into a mass for Pills, taking a dram of them every morning fasting, and so likewise at night, drinking a little pure water after them. Mathiolus saith, it is very profitable for all manner of pains of the head coming of cold and rheumatick humours, as also for all pains of the joynts, whether used inwardly or outwardly, and therefore helpeth the falling-sickness, the Lethargy, such as are dull and heavy of spirit, the Palsie, and is of much use in all defluxions of rheum from the head, and for the diseases of the chest or breast. The Leaves of Sage and Nettles, bruised together, and laid upon the Impostume that riseth behinde the ears doth asswage it much: the juyce of Sage taken in warm water, helpeth a hoarsness and the Cough. The Leaves sodden in Wine, and laid upon the place affected with the Palsie helpeth much, if the Decoction be drunk also. Sage taken with Wormwood is used for the bloudy flux. Pliny saith, it procureth womens Courses, and stayeth them coming down too fast, helpeth the stinging and biting of Serpents, and killeth the Worms that breed in the ears and in sores. Sage is of excellent use to help the memory, warming and quickening the Senses: and the Conserve made of the flowers is used to the same purpose, and also for all the former recited diseases. The juyce of Sage drunk with Vineger hath been of good use in the time of Plague at all times. Gargles likewise are made with Sage, Rosemary, Honeysuckles, and Plantane boiled in Wine or Water, with some Honey and Allum put thereto, to wash sore mouths and throats, Cankers, or the secret parts of man or woman as need requireth. And with other hot and comfortable herbs, Sage is boiled to bath the body or legs in the Summer-time, especially to warm cold joynts or sinews troubled with the Palsie or Cramp, and to comfort and strengthen the parts. It is much commended against the stitch or pains in the side coming of winde, if the place be fomented warm with the Decoction thereof in Wine, and the herb

After birth. Stanch bleeding, cleanse ulcers & sores, itching of the eods, help conception, hinder miscarriage, spitting bloud consumption, pains in the head joynts, Falling-sickness. Lethargy dulness of spirit, palsie, defluxion of rheum impostume behinde the ears, hoarseness cough, bloudy flux. biting of serpents, worms in the Ears, sores, quicken the senses help memory, sore mouths, throats, cankers, palsie, cramp,

Pitch in the ſide.

Herb after the boyling be laid warm alſo thereunto.

Jupiter claims this, and bid me tell you it is good for the Liver, and to breed good blood.

Wood-Sage.

Deſcription. Wood-Sage riſeth up with ſquare hoary ſtalks two foot high at the leaſt, with two leaves ſet at every joynt, ſomewhat like other Sage-leaves, but ſmaller, ſofter, whiter, and rounder, and a little dented about the edges, and ſmelling ſomewhat ſtrongly: at the tops of the ſtalks and branches ſtand the flowers on a ſlender long Spike turning themſelves all one way when they blow, and are of a pale and whitiſh colour, ſmaller than Sage, but hooded and gaping like unto them: The Seed is blackiſh and round, four uſually ſet in a husk together: The Root is long and ſtringy, with divers Fibres thereat, and abideth many years.

Place. It groweth in Woods, and by Wood-ſides, alſo in divers fields and by-Lanes in this Land.

Time. It flowereth in June, July, and Auguſt.

Provokes Urine & Womens courſes, & ſweat, ſwellings in the fleſh, French Pox, Vein broken, burſtneſs, Palſey, ulcers and ſores, Green Wounds.

Virtues and Uſe. The decoction of Wood-Sage provoketh Urine and Womens Courſes: it alſo provoketh ſweat, digeſteth humours, and diſcuſſeth ſwellings, and nodes in the fleſh, and is therefore thought to be good againſt the French Pox. The decoction of the green Herb made with Wine is a ſafe and ſure remedy for thoſe who by falls, bruiſes, or blows, doubt ſome Vein to be inwardly broken, to diſperſe and avoid the congealed blood, and to conſolidate the Vein; It is alſo good for ſuch as are inwardly, or outwardly burſten, the drink uſed inwardly, and the Herb applied outwardly: The ſame uſed in the ſame manner is found to be a ſure remedy for the Palſey: The juyce of the Herb, or the pouder thereof dried, is good for moiſt Ulcers and Sores in the Legs, or other parts, to dry them, and cauſe them to heal the more ſpeedily: It is no leſs effectual alſo in green Wounds to be uſed upon any occaſion.

Solomons Seal.

Deſcription. The common Solomons Seal riſeth up with a round ſtalk about half a yard high, bowing or bending down to the top, ſet with ſingle leaves one above another, ſomewhat large and like the leaves of the Lilly-Convalley, or May Lilly, with an eye of bluiſh upon the green, with ſome ribs therein, and more yellowiſh underneath. At the foot of every leaf almoſt from the bottom up to the top of the ſtalk come forth ſmall long white and hollow pendulous flowers, ſome-

ſhmewhat like the flowers of May-Lilly, but ending in five long points, for the moſt part two together, at the end of a long foottſtalk. and ſometimes but one, and ſometimes alſo two ſtalks with flowers at the foot of a leaf, which are without any ſcent at all, and ſtand all on one ſide of the ſtalk: after they are paſt, come in their places, ſmall, round Berries, green at the firſt, and blackiſh green, tending to bluneſs when they are ripe, wherein lie ſmall white, hard and ſtony Seed: The Root is of the thickneſs of ones finger, or thumb, white and knobbed in ſome places, with a flat, round circle repreſenting a Seal, whereof it took the name, lying along under the upper cruſt of the earth, and not growing downward but with many fibres underneath.

Place. It is frequent in divers places of this Land, as namely in a Wood two miles from Canterbury, by Fiſhpool-hill; as alſo in a bushy Cloſe, belonging to the Parſonage of Alderbury near Clarindon, two miles from Saliſbury; in Cheſſon Wood, on Cheſſon-hill, between Newington and Sittingborn in Kent, and in divers other places, in Eſſex and other Counties.

Time. It flowereth about May, The Root abideth, and ſhooteth anew every year.

Virtues und Uſe. The Root of Solomons Seal is found by experience to be available in Wounds, Hurts, and outward Sores, to heal and cloſe up the lips of thoſe that are green, and to dry up and reſtrain the Flux of humours to thoſe that are old: It is ſingular good to ſtay Vomitings, and bleedings whereſoever, as alſo all Fluxes in Man, or Woman, whether the Whites, or Reds in Women, or the running of the Reins in men; alſo to knit any joynt which by weakneſs uſeth to be often out of place, or will not ſtay in long, when it is ſet: alſo to knit and joyn broken bones in any part of the body, the Roots being bruiſed and applied to the place; yea, it hath been found by late experience that the decoction of the Root in Wine, or the bruiſed Root put in Wine, or other drink, and after a nights infuſion ſtrained forth hard and drunk, hath holpen both man and beaſt, whoſe bones have been broken by any occaſion, which is the moſt aſſured refuge of help to people of divers Countries of this Land, that they can have: It is no leſs effectual to help rupture and burſtings, the decoction in Wine, or the ſouder in broth, or drink being inwardly taken and outwardly applied to the place: The ſame is alſo available for inward, or outward bruiſes, falls, or blows, both to diſpell the congealed blood, and to take away both the pains, and the black and blue marks that abide after the hurt. The ſame alſo, or the diſtilled water of the whole plant uſed to the Face, or other part of the ſkin, cleanſeth it from Morphew, Freckles, Spots, or Marks whatſoever, leaving the place freſh, fair, and lovely, for which purpoſe it is much uſed by the Italian Dames.

Wounds and ſores, vomiting & bleeding flaxes, Running of the Reins, Knit Joints & broken bones in man and beaſt, Ruptures.

Bruiſes and falls, black and blue Marks, Beautifie the face.

Saturn owns this Plant, for he loves his bones well.

Sampire.

Description. THe Rock Sampire groweth up with a tender green ſtalk, about half a yard or two foot high at the moſt, branching forth almoſt from the very bottom, and ſtored with ſundry thick, and almoſt round ſomewhat long leaves, of a deep green colour, ſometimes three together, and ſometimes more on a ſtalk, and are ſappy, and of a pleaſant, hot, or ſpicy taſte: at the tops of the ſtalk and branches, ſtand Umbels of white flowers, and after them come large Seed bigger than Fennel Seed, yet ſomewhat alike. The Root is great, white, and long, continuing many years, and is of a hot ſpicy taſte likewiſe.

Place. It groweth on the Rocks that are often moiſtened, at the leaſt, if not overflown with the Sea water.

Helps digeſtion, Opens Obſtructions, provokes Urine, Expell Gravel and ſtone.

Time. And it flowereth and ſeedeth in the end of July and Auguſt.

Virtues and Uſe. It is a ſafe Herb, very pleaſant both to the taſte and ſtomach, helping digeſtion, and in ſome ſort opening the Obſtructions of the Liver and Spleen, provoking Urine, and helping thereby to wash away the Gravel and Stone ingendred in the Kidneys, or Bladder.

Sanicle.

Deſcription. THe ordinary Sanicle ſendeth forth many great round leaves ſtanding upon long brownish ſtalks, every one ſomewhat deeply cut, or divided into five or ſix parts, and ſome of thoſe alſo cut in, ſomewhat like the leaf of a Crowfoot, or Dovesfoot, and finely dented about the edges, ſmooth, and of a dark green ſhining colour, and ſometimes reddiſh about the brims, from among which riſeth up ſmall round green ſtalks without any joynt, or leaf thereon, ſaving at the top, where it brancheth forth into flowers, having a leaf divided into three or four parts at that joynt with the flowers, which are ſmall and white, ſtarting out of ſmall round greenish yellow heads, many ſtanding together in a tuft; in which afterward are the Seeds contained, which are ſmall, round, rough burs, ſomewhat like the Seeds of Cleavers, and ſtick in the ſame manner upon any thing that they touch: The Root is compoſed of many black ſtrings, or fibres ſet together, at a little long head, which abideth with the green leaves all the Winter and periſh not.

Place. It is found in many ſhadowy Woods, and other places of this Land.

Time. It flowereth in June, and the Seed is ripe ſhortly after.

Vir-

Virtues and Uſe. It is exceeding good to heal all green Wounds ſpeedily, or any Ulcers, Impoſthumes, or bleedings inwardly: It doth wonderfully help thoſe that have any Tumours in any part of their bodies, for it repreſſeth and diſſipateth the humours, if the decoction, or juyce thereof be taken, or the powder in drink, and the juyce uſed outwardly; for there is not found any herb that can give ſuch preſent help, either to man, or beaſt, when the diſeaſe falleth upon the Lungs, or Throat, and to heal up all the putrid malignant Ulcers in the Mouth, Throat, and privities, by gargling, or waſhing with the decoction of the leaves and Root, made in water, and a little Honey put thereto. It helpeth to ſtay Womens Courſes, and all other Fluxes of blood either by the Mouth, Urine, or ſtool, and Laſks of the belly, the Ulceration of the Kidneys alſo, and the pains in the bowels, and the Gonorrhea, or running of the Reins, being boyled in Wine or water, and drunk: The ſame alſo is no leſs powerfull to help any Ruptures, or burſtings, uſed both inwardly and outwardly, and briefly it is effectual in binding, reſtraining, conſolidating, heating, drying, and healing; as Comfry, Bugle, Self-heal, or any other of the Conſounds, or Vulneary Herbs whatſoever.

Green wounds, Ulcers, impoſthumes, Inward bleedings, ſwellings, Ulcers in the Mouth, Throat, and privities, Womens Courſes, Fluxes of blood, Laſks, Ulcers in the Kidneys, running of the Reins, Rupture.

This is one of Venus her herbs to cure either wounds, or what other miſchiefs Mars inflicteth upon the body of Man.

Saraſens Conſound.

Deſcription. THis groweth very high ſometimes with brownish ſtalks, and other whiles with green and hollow to a mans height, having many long and narrow green leaves ſnipped about the edges, ſomewhat like thoſe of the Leach-Tree, or Willow-leaves, but not of ſuch a white green colour: The tops of the ſtalks are furniſhed with many pale yellow ſtar-like flowers ſtanding in green heads, which when they are fallen, and the Seed ripe, which is ſomewhat long, ſmall, and of a yellowiſh brown colour wrapped in down, is therewith carried away with the winde: The Root is compoſed of many ſtrings, or fibres, ſet together at a head, which periſh not in Winter, but abide, although the ſtalks dry away, and no leaf appeareth in Winter. The taſte hereof is ſtrong and unpleaſant, and ſo is the ſmell alſo.

Place. It groweth in moiſt and wet grounds by Wood-ſides, and ſometimes in the moiſt places of ſhady Groves, as alſo by the water-ſide.

Time. It flowereth in July, and the Seed is ſoon ripe, and carried away with the winde.

Obſtructions, yellow Jaundice, Dropſie,

Virtues and Uſe. Among the Germans, this Wound Herb is preferred before all others of the ſame quality. Being boyled in Wine and drunk, it helpeth the indiſpoſition of the Liver, and freeth the Gall from Obſtru-

Ulcers of the reins, Inward wounds and bruiſes. Pains in the body Mother Agues, Green Wounds. Old ſores, or ulcers, Ulcers in the Mouth or Throat, Sores in the privy parts.

Obſtructions, whereby it is good for the yellow Jaundice, and for the Dropſie in the beginning of it, for all inward Ulcers of the Reins, or elſewhere, and inward Wounds and bruiſes: and being ſteeped in Wine and then diſtilled, the water thereof drunk is ſingular good to eaſe all gnawings in the ſtomach, or other pains of the body, as alſo the pains of the Mother; and being boyled in water it helpeth continual Agues; and this ſaid water, or the ſimple water of the Herb diſtilled, or the juyce, or decoction, are very effectual to heal any green Wound, or old Sore, or Ulcer whatſoever, cleanſing them from corruption, and quickly healing them up: It is no leſs effectual for the Ulcers in the Mouth, or Throat, be they never ſo foul, or ſtinking, by waſhing and gargling them therewith; and likewiſe for ſuch Sores as happen in the privy parts of Man, or Woman: briefly whatſoever hath been ſaid of Bugle, or Sanicle, may be found herein.

Saturn owns this Herb, and it is of ſober condition like him.

Sawce alone, or Jack by the Hedge.

Deſcription. The lower leaves of this are rounder than thoſe that grow towards the tops of the ſtalks, and are ſet ſingly one at a joynt, being ſomewhat round and broad, and pointed at the ends, dented alſo about the edges, ſomewhat reſembling Nettle leaves for the form, but of a fresher green colour, and not rough, or pricking: The flowers are very ſmall and white, growing at the tops of the ſtalks one above another, which being paſt, there follow ſmall, and long, round pods, wherein are contained, ſmall round Seed ſomewhat blackiſh: The root is ſtringy and threddy, periſhing every year after it hath given Seed, and raiſeth it ſelf again of its own ſowing: the plant or any part thereof being bruiſed, ſmelleth of Garlick, but more pleaſantly, and taſteth ſomewhat hot and ſharp, almoſt like unto Rocket.

Place. It groweth under Walls, and by Hedge-ſides, and Path-ways in fields, in many places.

Time. It flowereth in June, July, and Auguſt.

Virtues and Uſe. This is eaten by many Countrey people as Sawce to their ſalt fiſh, and helpeth well to digeſt the crudities and other corrupt humours ingendred thereby, it warmeth alſo the ſtomach, and cauſeth digeſtion: The juyce thereof boyled with Honey, is accounted to be as good as Hedge-Muſter for the Cough, to cut and expectorate the tough Flegm. The Seed bruiſed and boyled in Wine is a ſingular good remedy for the winde Chollick, or the Stone, being drunk warm; It is alſo given to Women troubled with the Mother, both to drink, and the Seed put into a cloath and applied while it is warm is of ſingular good uſe. The leaves alſo, or Seed boiled is good

Helps digeſtion, Cough Tough Flegm, Wind-chollick, Stone Ulcers in the Legs.

to

to be used in Clysters to ease the pains of the Stone The green leaves are held to be good to heal the Ulcers in the Legs.

Winter and Summer Savory.

BOth these are so well known (being entertained as constant inhabitants in our Gardens) that they need no Description.

Virtues and Use. They are both of them hot and dry, especially the Summer kinde, which is both sharp and quick in taste, expelling winde in the stomach and bowels, and is a present help for the rising of the Mother procured by winde, provoketh Urine and Womens Courses, and is much commended for Women with Childe to take inwardly, and to smell often unto. It cutteth tough Flegm in the Chest and Lungs, and helpeth to expectorate it the more easily; It quencheth the dull spirits in the Lethargy, the juyce thereof being snuffed, or cast up into the Nostrils: The juyce dropped into the eyes cleareth a dull sight, if it proceed of thin cold humours distilling from the brain: The juyce heated with a little Oyl of Roses, and dropped into the ears easeth them of the noise and singing in them, and of Deafness also: outwardly applied with white flour in manner of a Pultis, it giveth ease to the Sciatica, and palseyed Members, heating and warming them, and taketh away their pains: It also taketh away the pain that comes of stinging by Bees, Wasps, &c.

Expelleth Wind, Mother, provokes Urine & Womens Courses, Tough, Flegm. Lethargy. Dull sight. Singing in the Ears and Deafness, Sciatica and Palsey. Stinging of Bees &c. Cholick, Womb passion.

Mercury claims the Dominion over this Herb, neither is there a better remedy against the Cholick and Illiack passions than this Herb, keep it dry by you all the year if you love your selves and your ease, as it is an hundred pound to a penny if you do not: keep it dry, make Conserves and Syrups of it for your use; and withall, take notice that the Summer kinde is the best.

The common white Saxifrage.

Descri-ption. THis hath a few small reddish Kernels, or Roots, covered with some skins lying among divers small blackish fibres, which send forth divers round, faint, or yellowish green leaves and grayish underneath, lying above the ground unevenly dented about the edges, and somewhat hairy, every one upon a little footstalk from whence riseth up a round brownish hairy green stalk, two or three foot high, with a few such like round leaves as grow below, but smaller, and somewhat branched at the top, whereon stand pretty large white flowers of five leaves apiece, with some yellow threds in the middle, standing in long crested brownish green Husks: after the flowers

are past there ariseth sometimes a round hard head by, forked at the top, wherein is contained small blackish seed- but usually they fall away without any seed; and it is the kernels or grains of the Root which are usually called the white Saxifrage seed, and so used.

Place. In groweth in many places of our Land, as well in the lower moist, as in the upper dry corners of meadows, and grassie sandy places; it is used to grow near Lambs Conduit on the back-side of Grays Inn.

Time. It flowereth in May, and is then gathered as for that which is called the seed, as to distill, for it quickly perisheth down to the ground when any hot weather comes.

cleanseth veins, stone, gravel, provokes urine.

Virtues and Use. It is very effectual to cleanse the reins and bladder, and to dissolve the stone ingendred in them, and to expell it and the gravel by urine, to provoke urine also being stopped, and to help the strangury: for which purposes the Decoction of the herb or roots in white wine, or the pouder of the small kernelly roots which is called the seed taken in white wine, or in the same decoction made with white wine is most usual. The distilled water or the whole herb, roots, and flowers is most familiar to be taken: it provoketh also womens Courses, and freeth and cleanseth the stomach and Lungs from thick and tough flegm that troubles them. There is not many better medicines to break the stone than this.

womens courses. tough flegm.

Burnet Saxifrage.

Description. THe greater sort of our English Burnet Saxifrage groweth up with divers long stalks of winged Leaves, set directly opposite one to another on both sides, each being somewhat broad, a little pointed and dented about the edges, of a sad green colour. At the tops of the stalks stand umbels of white flowers, after which comes small and blackish seed; the Root is long and whitish, abiding long. Our lesser Burnet Saxifrage hath much finer Leaves than the former, and very small, and set one against another, deeply jagged about the edges, and of the same colour as the former: the umbels of flowers are white, and the seed very small, and so is the Root, being also somewhat hot and quick in taste.

Place. These grow in most meadows of this Land, and are easie to be found, being well sought for among the grass, wherein many times they lie hid scarcely to be discerned.

Time. They flower about July, and their seed is ripe in August.

Provokes Urine winde, chollick.

Virtues and Use. These Saxifrages are as hot as Pepper, and Tragus saith by his experience, they are more wholesom: they have the same properties that the Parsleys have, but in provoking urine, and easing the pains thereof, or of the winde and chollick, are much

much more effectual: the roots or ſeed being uſed either in pouder, or in decoction, or any other way; and likewiſe helpeth the windy pains of the Mother, and to procure their Courſes, to break and avoid the ſtone in the kidneys, to digeſt cold, viſcuous, and tough flegm in the ſtomach, and is an eſpecial remedy againſt all kinde of venom. Caſtoreum being boiled in the diſtilled water hereof, is ſingular good to be given to thoſe that are troubled with Cramps and Convulſions: ſome do uſe to make the ſeed into Comfits, (as they do Caraway-ſeed) which is effectual to all the purpoſes aforeſaid. The juyce of the herb dropped into the moſt grievous wounds of the head, drieth up their moiſture, and healeth them quickly. Some women uſe the diſtilled water to take away freckles or ſpots in the ſkin or face: and to drink the ſame ſweetned with Sugar for all the purpoſes aforeſaid.

Mother, womens courſes, ſtone, tough flegm, venome, cramps, convulſions, wounds in the head, freckles, ſpots.

Scabious, three ſorts.

Deſcription. THe common field Scabious groweth up with many hairy, ſoft, whitiſh green Leaves, ſome whereof are but very little, if at all jagged on the edges, others very much rent and torn on the ſides, and have threds in them, which upon the breaking may be plainly ſeen: from among which riſe up divers hairy green ſtalks three or four foot high, with ſuch like hairy green Leaves on them, but more deeply and finely divided, branched forth a little: at the tops hereof which are naked and bare of Leaves for a good ſpace, ſtand round heads of flowers, of a pale bluiſh colour ſet together in a head, the outermoſt whereof are larger than the inward, with many threds alſo in the middle, ſomewhat flat at the top, as the head with ſeed is likewiſe: the Root is great, white, and thick, growing down deep into the ground, and abideth many years.

There is another ſort of field Scabious, different in nothing from the former, but onely it is ſmaller in all reſpects.

The Corn Scabious differeth little from the firſt, but that it is greater in all reſpects, and the flowers more declining to purple: and the Root creepeth under the upper cruſt of the earth, and runneth not deep in the ground as the firſt doth.

Place. The firſt groweth moſt uſually in meadows, eſpecially about London every where.

The ſecond in ſome of the dry fields about this City, but not ſo plentifull as the former.

The third, in the ſtanding Corn, or fallow-fields, and the borders of ſuch like fields.

Time. They flower in June and July, and ſome abide flowring untill it be late in Auguſt, and the ſeed is ripe in the mean time.

There are many other ſorts of Scabious, but I take

thoſe which I have here deſcribed to be moſt familiar with us: the virtues both of theſe and the reſt being much alike, take them as followeth.

Cough, ſhortneſs of breath cold flegm. inward ulcers, impoſthumes, pluriſie, infection

Virtues and Uſe. Scabious is very effectual for all ſorts of Coughs, ſhortneſs of breath, and all other diſeaſes of the breaſt and lungs, ripening and digeſting cold flegm, and other tough humours, voiding them forth by coughing and ſpitting: it ripeneth alſo all ſorts of inward ulcers and impoſthumes, the Pluriſie alſo, if the Decoction of the herb dry or green, be made with Wine, and drunk for ſome time together: four Ounces of the clarified juyce of Scabious taken in the morning faſting, with a dram of Methridate, or Venice-treacle, freeth the heart from any infection of Peſtilence, if after the taking of it the party ſweat two hours in their beds; and this medicine be again and again repeated if need require: the green herb bruiſed and applied to any Carbuncle or Plague-ſore, is found by certain experience to diſſolve or break it in three hours ſpace. The ſame decoction alſo drunk helpeth the pains and ſtitches in the ſides. The decoction of the Roots taken for fourty days together, or a dram of the pouder of them taken at a time in Whey, doth (as Mathiolus ſaith) wonderfully help thoſe that are troubled with running or ſpreading ſcabs, tetters, or ringworms, yea though they proceed of the French Pox, which (he ſaith) he hath tried by experience: the juyce or decoction drunk, helpeth alſo ſcabs and breakings out in Itch, and the like: the juyce alſo made up into an Oyntment and uſed, is effectual for the ſame purpoſe: the ſame alſo helpeth all inward wounds by the drying, clenſing, and healing quality therein: a Syrup made of the juyce and Sugar is very effectual to all the purpoſes aforeſaid, and ſo is the diſtilled water of the herb and flowers made in due ſeaſon; eſpecially to be uſed when the green herb is not in force to be taken. The decoction of the herb and roots outwardly applied doth wonderfully help all ſorts of hard or cold ſwellings in any part of the body; and is as effectual for any ſhrunk ſinew or vein. The juyce of Scabious made up with the pouder of Borax and Camphire, cleanſeth the skin of the face, or other part of the body, not onely from freckles and pimples, but alſo from morphew and Lepry. The head waſhed with the ſame Decoction cleanſeth it from Dandriff, ſcurf, ſores, itches, and the like, being uſed warm. Tents alſo dipped in the juyce or water thereof not onely healeth all green wounds, but old ſores and ulcers alſo: the herb alſo bruiſed and applied doth in ſhort time looſen, and cauſe to be drawn forth any ſplinter, broken bone, arrow-head, or other ſuch like thing lying in the fleſh.

carbuncle plague-ſores, pains or ſtitches in the ſide, ſcabs, tetters, ring-worms, itch, inward wounds, cold ſwellings ſinews ſhrunk freckles, pimples, morphew, Lepry, dandriff, Scurff, Green wounds, old ulcers ſores, ſplinters, Thorns, broken bones, &c

Scurvy.

Scurvy-grass.

Description. Our ordinary English Scurvy-grass hath many thick fat Leaves, more long than broad, and sometimes longer and narrower, sometimes also smooth on the edges, and sometimes a little waved, sometimes plain, smooth, and pointed, sometimes a little hollow in the middle and round pointed, of a sad green, and sometimes brownish colour, every one standing by its self upon a long foot-stalk, which is brownish or greenish also: from among which rise small slender stalks, bearing a few Leaves thereon like the other, but longer and lesser for the most part: at the tops whereof grow many whitish flowers, with yellow threds in the middle, standing about a green head which becometh a seed-vessel, which will be somewhat flat when it is ripe, wherein is contained reddish seed tasting somewhat hot: the Root is made of many white strings which stick deeply in the mud, wherein it chiefly delighteth; yet it will well abide in the more up-land and drier grounds, and taſteth a little brackish or salt, even there, but not so much as where it hath the salt water to feed upon.

Place. I groweth all along the Thames side, both upon the Essex and Kentish shoars, from Woolwich round about the sea-coasts to Dover, Portsmouth, and even to Bristol, where it is had in plenty: the other with round Leaves groweth in the marshes in Holland in Lincolnshire by the sea-side.

Description. There is also another sort called Dutch Scurvy-grass, which is most known and frequent in Gardens, which hath divers fresh green and almost round Leaves rising from the Root, nothing so thick as the former; yet in some rich ground, very large, even twice so big as in others, not dented about the edges, nor hollow in the middle, every one standing upon a long foot-stalk; from among these rise up divers long slender weak stalks higher than the former, and with more white flowers at the tops of them, which turn into smaller pods and smaller brownish seed than the former: the Root is white, small, and threddy, the taste of this is nothing salt at all, but hath a hot aromatical spicy taste.

Time. They flower in April or May, and give their seed ripe quickly after.

Virtues and Use. The English Scurvy-grass is more used for the salt taste it beareth, which doth somewhat open and cleanse, but the Dutch Scurvy grass is of better effect, and chiefly used (if it may be had) by those that have the Scurvy, especially to purge and cleanse the blood, the Liver, and the Spleen, for all which diseases it is of singular good effect by taking the juyce in Spring every morning fasting in a cup of drink: the Decoction is good for the same purpose, and the herb tunned up in new drink, either by it self or with other things, for it openeth Obstructions, evacuateth cold

Scurvy. Liver. Spleen.

Phlegmatick humours foul ulcers, ſore mouths, ſpots and ſcars in the skin.

clammy and phlegmatick humours both from the Liver and the Spleen, waſting and conſuming both the ſwelling and hardneſs thereof, and thereby bringing to the body a more lively colour. The juyce alſo helpeth all foul ulcers and ſores in the mouth, if it be often gargled therewith; and uſed outwardly cleanſeth the skin from ſpots, marks, or ſcars that happen therein.

Self-heal.

Deſcription. The common Self-heal is a ſmall low creeping herb, having many ſmall roundiſh pointed Leaves ſomewhat like the Leaves of wilde Mints, of a dark green colour, without any dents on the edges, from among which riſe divers ſquare hairy ſtalks ſcarce a foot high, which ſpread ſometimes into branches with divers ſuch ſmall Leaves ſet thereon up to the tops, where ſtand brown ſpiked heads of many ſmall brownish Leaves like ſcales and flowers ſet together, almoſt like the head of Caſſidony, which flowers are gaping, and of a bluiſh purple, or more pale blue, in ſome places ſweet, but not ſo in others: the Root conſiſts of many ſtrings or fibres downward, and ſpreadeth ſtrings alſo, whereby it increaſeth: the ſmall ſtalks with the Leaves creeping upon the ground, ſhoot forth fibres taking hold of the ground, whereby it is made a great tuft in ſhort time.

Place. It is found in woods and fields every where.

Time. It flowreth in May, and ſometimes in April.

Virtues and Uſe. As Self-heal is like Bugle in form, ſo alſo in the qualities and virtues ſerving for all the purpoſes whereto Bugle is applied with good ſucceſs either inwardly or outwardly, for inward wounds or ulcers whereſoever within the body, for bruiſes and falls, and ſuch like hurts: if it be accompanied with Bugle, Sanicle, and other the like wound-herbs, it will be the more effectual, and to waſh or inject into ulcers in the parts outwardly where there is cauſe to repreſs the heat and ſharpneſs of the humours flowing to any ſore ulcer, inflammation, ſwelling, or the like, or to ſtay the flux of blood in any wound or part, this is uſed with good ſucceſs, as alſo to cleanſe the foulneſs of ſores, and cauſe them more ſpeedily to be healed. It is an eſpecial remedy for all green wounds to ſolder the lips of them, and to keep the place from any further inconveniences: the juyce hereof uſed with Oyl of Roſes to anoint the temples and fore-head, is very effectual to remove the head-ach: and the ſame mixed with Honey of Roſes cleanſeth and healeth all ulcers in the mouth and throat, and thoſe alſo in the ſecret parts. And the Proverb of the Germans, French, and others is verified in this, that He needeth neither Phyſician nor Chirurgian that hath Self-heal and Sanicle to help himſelf.

Inward wounds, ulcers, bruiſes,

flux of blood. foul ſores green wounds,

head ach ſores in mouth, throat, ſecret parts.

Here is another herb of Venus, Self-heal, whereby when

when you are hurt you may heal your ſelf, it is indeed a ſpecial herb for inward and outward wounds, take it inwardly in Syrups for inward wounds, outwardly in Unguents and Plaiſters for outward.

The Service-tree.

THis is ſo well known in the places where it grows that it needeth no deſcription.

Time. It flowreth before the end of May, and the fruit is ripe in October.

Virtues and Uſe. Services when they are mellow are fit to be taken to ſtay fluxes, ſcowring, and caſtings, yet leſs than Medlars: if they be dried before they be mellow, and kept all the year, they may be uſed in Decoctions for the ſaid purpoſes, either to drink, or to bath the parts requiring it: and is profitably uſed in that manner to ſtay the bleeding of wounds, and at the mouth or noſe, to be applied to the fore-head and nape of the neck.

Fluxes, ſcowrings caſtings,

bleeding of wound mouth, noſe.

Smallage.

THis alſo is very well known, and therefore I ſhall not trouble the Reader with any deſcription thereof.

Place. It groweth naturally in wet and muſh grounds, but if it be ſown in Gardens it there proſpereth very well.

Time. It abideth green all the Winter, and ſeedeth in Auguſt.

Virtues and Uſe. Smallage is hotter, drier, and much more medicinable than Parſley, for it much more openeth Obſtructions of the Liver and Spleen, rarifieth thick flegm, and cleanſeth it and the bloud withall. It provoketh urine and womens Courſes, and is ſingular good againſt the yellow Jaundice: it is very effectual againſt tertian and quartan Agues if the juyce thereof be taken; but eſpecially made into Syrup. The juyce alſo put to Honey of Roſes, and Barley-water, is very good to gargle the mouth and throat of thoſe that have ſores and ulcers in them, and will quickly heal them: the ſame Lotion alſo cleanſeth and healeth all other foul ulcers and cankers elſewhere if they be waſhed therewith. The ſeed is eſpecially uſed to break and expell winde, to kill worms, and to help a ſtinking breath: the Root is effectual to all the purpoſes aforeſaid, and is held to be ſtronger in operation than the herb, but eſpecially to open Obſtructions, and to rid away an Ague, if the juyce thereof be taken in Wine, or the Decoction thereof in Wine be uſed.

Liver, ſpleen, urine, womens courſes, yellow jaundice, agues, ſore mouth, throat, ulcers, cankers, winde, worms, ſtinking breath.

Sope-

Sopewort, or Bruisewort.

Descri-ption. THe Root creepeth under ground far and near, with many joynts therein, of a brown colour on the outside, and yellowish within, shooting forth in divers places, many weak, round, stalks, full of joynts, set with two leaves apiece at every one of them on the contrary side, which are ribbed somewhat like unto Plantan, and fashioned like the common field white Campion leaves, seldom having any branches from the sides of the stalks, but set with divers flowers at the top standing in long husks like the wilde Campions, made of five leaves a piece, round at the ends, and a little dented in the middle, of a pale Rose colour, almost white, sometimes deeper, and sometimes paler, of a reasonable good scent.

Place. It groweth wilde in many low and wet grounds of this Land, by the brooks, and sides of running waters.

Time. It flowereth usually in July, and so continueth all August, and part of September before they be quite spent.

Virtues and Use. The Country people in divers places do use to bruise the leaves of Sopewort, and lay it to their fingers, hands, or legs, when they are cut, to heal them up again. Some make great boast thereof that it is Diuretical to provoke Urine, and thereby to expell Gravel and the stone in the Reins, or Kidneys: and do also account it singular good to avoid Hydropical waters thereby to cure the disease of the Dropsie: And they no less extoll it to perform an absolute cure in the French Pox, more than either Sarsaparilla, Gujacum, or China can do, which how true it is, I leave to others to judge.

Cut fingers, provokes Urine, Expels Gravel & Stone, Dropsie, French Pox.

Sorrel.

Cooleth Inflammations, and heat of blood, Agues. Quench thirst, provoke appetite, Kill worms, Womens Courses. Fluxes. Poyson. Jaundice.

OUr ordinary Sorrel, which groweth in Gardens, and also wilde in the fields, is so well known that it needeth no description.

Virtues and Use. Sorrel is prevalent in all hot diseases, to cool any Inflammation and heat of bloud in Agues, Pestilential, or Chollerick, or other sicknesses and fainting, rising from heat, and to refresh the over-spent spirits with the violence of furious, or fiery fits of Agues, to quench thirst, and procure an appetite in fainting, or decayed stomachs: for it resisteth the putrefaction of the bloud, killeth Worms, and is as a Cordial to the heart which the Seed doth more effectually being more drying and binding, and thereby stayeth the hot Fluxes of Womens Courses, or of humours in the bloudy Flux, or Flux of the stomach. The Roots also in a Decoction, or in pouder, is effectual for all the said purposes. Both Roots and Seed as well as the Herb, is held powerfull to resist the poyson of the Scor-

ſcorpion. The Decoction of the Roots is taken to help the Jaundice, and to expell Gravel and the ſtone in the Reins, or Kidneys. The Decoction of the flowers made with Wine and drunk helpeth the black Jaundice, as alſo the inward Ulcers of the body, or bowels. A Syrup made with the juyce of Sorrel and and Fumitary is a ſovereign help to kill thoſe ſharp humours that cauſe the Itch. The juyce thereof with a little Vinegar ſerveth well to be uſed outwardly for the ſame cauſe, and is alſo profitable for Tetters, Ring-worms, &c. It helpeth alſo to diſcuſs the Kernels in the Throat, and the juyce gargled in the Mouth helpeth the Sores therein. The leaves wrapped up in a Colewort leaf, and roaſted under the Embers, and applied to a hard Impoſthume, Botch, Boyl, or Plague ſore, both ripeneth and breaketh it. The diſtilled water of the Herb is of much good uſe for all the purpoſes aforeſaid.

Gravel and ſtone, Black Jaundice, inward Ulcers, Itch, Tetters and ring-worms, Kernels in the Throat, Sore Mouth, Impoſthumes, Boyl or Plague ſore.

Venus owns it, and ſhe will never deny the Herb that follows.

Wood Sorrel.

Deſcription. THis groweth low upon the ground, having a number of leaves coming from the root, made of three leaves like a Trefoyl, but broad at the ends and cut in the middle, of a faint yellowiſh green colour, every one ſtanding on a long footſtalk, which at their firſt coming up are cloſe folded together to the ſtalk, but opening themſelves afterwards, and are of a fine ſower relliſh, and yielding a juyce which will turn red when it is clarified, and maketh a moſt dainty clear Syrup: Among theſe leaves riſeth up divers ſlender weak footſtalks, with every one of them a flower at the top, conſiſting of five ſmall pointed leaves Star-fathion, of a white colour in moſt places, and in ſome dathed over with a ſmall ſhew of bluſh, on the back-ſide onely: After the flowers are paſt follow ſmall round heads, with ſmall yellowiſh Seed in them: The Roots are nothing but ſmall ſtrings faſtned to the end of a ſmall long piece, all of them being of a yellowiſh colour.

Place. It groweth in many places of our Land, in Woods and Wood-ſides, where they be moiſt and ſhadowed, and in other places not too much open to the Sun.

Time. It flowereth in April and May.

Virtues and Uſe. Wood Sorrel, ſerveth to all purpoſes that the other Sorrels do, and is more effectual in hindring the putreſaction of bloud, and Ulcers in the mouth and body, and in cooling and tempering heats, and Inflammations, to quench thirſt, to ſtrengthen a weak ſtomach, to procure an appetite, to ſtay vomiting, and very excellent in any contagious ſickneſs, or Peſtilential Feavers. The Syrup made of the juyce is

Ulcers, Inflammations, Procure appetite, ſtay vomiting, Peſtilent

tial fevers, hot swellings, Canker or Ulcer in the Mouth; Wounds, or scabs. Defluxions.

effectual in all the causes aforesaid, and so is the distilled water of the Herb also. Spunges or linnen cloaths wet in the juyce, and applied outwardly to any hot swellings, or Inflammations, doth much cool and help them: the same juyce taken and gargled in the mouth, and after it is spit forth, fresh taken, doth wonderfully help a foul stinking Canker, or Ulcer therein. It is singular good in wounds, thrusts, and stabs in the body, to stay bleeding, and to cleanse and heal the wounds speedily; and helpeth to stay any hot defluxions into the Throat, or Lungs.

Sow-Thistles.

THese are generally so well known that they need no description.

Place. They grow in our Gardens and manured grounds, and sometimes by old walls, the path-sides of fields and high-ways.

Pains and heat of the Stomach, Short winde & wheesing, Gravel & stone, stinking breath, speedy delivery, strangury Milk increased, Deafness and singing in the Ears,

Virtues and Use. Sow-thistles are cooling and somewhat binding, and are very fit to cool an hot stomach, and to ease the gnawing pains thereof; The Herb boyled in Wine is very helpfull to stay the dissolution of the stomach: And the Milk that is taken from the stalks when they are broken, given in drink, is beneficial to those that are short winded and have a wheesing withall: Pliny saith, that it caused the Gravel and stone to be voided by Urine, and that the eating thereof helpeth a stinking breath: Three spoonfuls of the juyce thereof taken in white Wine warmed, and some Oyl put thereto causeth Women in Travel to have so easie and speedy delivery, that they may be able to walk presently after: The said juyce taken in warm drink, helpeth the Strangury and pains in making water.

The Decoction of the leaves and stalks, causeth abundance of Milk in Nurses, and their children to be well coloured, and is good for those whose Milk doth curdle in their breasts. The juyce boyled, or throughly heated with a little Oyl of bitter Almonds in the Pill of a Pomegranate, and dropped into the ears, is a sure remedy for deafness, singings, and all other diseases in them. The Herb bruised, or the juyce is profitably applied to all hot Inflammations in the eyes, or wheresoever else, and for Wheals, Blisters, or other the like eruptions of heat in the skin; as also for the heat and itching of the Hemorrhoids, and the heat and sharpness of humours in the secret parts of Man or Woman: The distilled water of the Herb is not onely effectual for all the diseases aforesaid to be taken inwardly with a little Sugar (which Medicine the daintiest stomach will not refuse) but outwardly, by applying cloaths, or spunges wetted therein: It is wonderfull good for women to wash their faces therewith, to clear the skin, and give a lustre thereto.

Inflamed Eyes, Wheals and blisters, Hemorrhoids, Clear the face.

Southern-

Southernwood.

THis is so well known to be an ordinary inhabitant in our Gardens, that I shall not need to trouble you with any description thereof. The virtues are as followeth.

Time. It flowereth for the most part in July and August.

Virtues and Use. Dioscorides saith, that the Seed bruised, heated in warm water and drunk, helpeth those that are burstен with Cramps, or Convulsions of the Sinews, the Sciatica, or difficulty in making water, and bringeth down Womens Courses. The same taken in Wine is an Antidote, or counter poyson against all deadly poyson, and driveth away Serpents, and other venomous creatures; as also the smell of the Herb being burnt, doth the same. The Oyl thereof anointed on the back-bone before the fits of Agues come taketh them away: it taketh away Inflammations in the eyes, if it be put with some part of a roasted Quince and boyled with a few crums of bread and applied. Boyled with Barley meal, it taketh away Pimples, Pustles, or Wheals, that rise in the face, or other part of the body. The Seed as well as the dried Herb is often given to kill the Worms in Children: The Herb bruised and laid to, helpeth to draw forth Splinters, and Thorns out of the flesh. The ashes thereof drieth up and healeth old Ulcers that are without Inflammation, although by the sharpness thereof it biteth sore and putteth them to sore pains: as also the sores in the privy parts of man, or woman. The ashes mingled with old Sallet Oyl, helpeth those that have their hair fallen and are bald, causing the hair to grow again either on the head, or beard. Durantes saith, that the Oyl made of Southernwood and put among the Ointments that are used against the French disease, is very effectual, and likewise killeth Lice in the head. The distilled water of the Herb is said to help them much that are troubled with the stone, as also for the diseases of the Spleen and Mother. The Germans commend it for a singular Wound Herb, and therefore call it Stabwort. It is held by all writers, ancient and modern to be more offensive to the stomach than Wormwood.

Bursten, stamps, and convulsions, Sciatica, Strangury, womens courses, Poyson, Agues, Inflamed Eyes, Pimples, pushes & Wheals, VVorms, Splinters & thorns, Old Ulcers, sores in the privities, Baldness, French pox, Stone, Spleen & Mother.

Spignel.

Description. THe Roots of common Spignel do spread much and deep in the ground, many strings or branches growing from one head, which is hairy at the top, of a blackish brown colour on the outside and white within, smelling well, and of an Aromatical taste from whence rise sundry long stalks of most fine cut leaves like hairs, smaller than Dill, set thick on both sides of the stalks, and of a good scent. Among these leaves rise up round stiff stalks, with few joynts

and Leaves at them, and at the tops an umbel of fine pure white flowers, at the edges whereof ſometimes will be ſeen a ſhew of reddiſh bluſh-colour, eſpecially before they be full blown, and are ſucceeded by ſmall ſomewhat round ſeed, bigger than the ordinary Fennel, and of a browner colour, divided into two parts, and crefted on the back, as moſt of the umbelliferous ſeeds are.

Place. It groweth wilde in Lancaſhire, Yorkſhire, and other Northern countries, and is alſo planted in Gardens.

Provokes urine and womens courſes, ſtrangury pains of the ſtomach, mother, joynt-ach ſough flegm, venomous creatures.

Virtues and Uſe. Galen ſaith, the Roots of Spignel are available to provoke urine and womens Courſes, but if too much thereof be taken it cauſeth head-ach: the Roots boiled in Wine or Water and drunk, helpeth the Strangury, and ſtoppings of the urine, the winde, ſwelling, and pains in the ſtomach, pains of the Mother, and all joynt-aches. If the pouder of the Roots be mixed with Honey, and the ſame taken as a licking medicine, it breaketh tough flegm, and drieth up the rheum that falleth on the lungs. The Roots are accounted very effectual againſt the ſtinging or biting of any venomous creature, and is one of the Ingredients in Methridate, and other Antidotes for the ſame.

Spleen-wort or Peterach.

Deſcription. The ſmooth Spleen-wor from a black thready and buſhy Root ſendeth forth many long ſingle Leaves, cut in on both ſides into round dents, almoſt to the middle, which is not ſo hard as that of Polipody, each diviſion being not always ſet oppoſit unto the other, but between each, ſmooth, and of a light green on the upper ſide, and a dark yellowiſh roughneſs on the back, folding or rolling it ſelf inward at the firſt ſpringing up.

Place. It groweth as well upon ſtone-walls as moiſt and ſhadowy places about Briſtol, and other the Weſt-parts plentifully; as alſo on Framingham-Caſtle, on Beconsfield-Church in Barkſhire, at Strowd in Kent, and elſewhere and abideth green all the Winter.

Spleen, ſtrangury Stone, yellow jaundice, running of the reins, melancholly diſeaſes.

Virtues and Uſe. It is generally uſed againſt infirmities of the Spleen, it helpeth the Strangury, and waſteth the ſtone in the bladder, and is good againſt the yellow Jaundice and the hiccough; but the uſe of it in women hindreth Conception. Mathiolus ſaith, that if a dram of the duſt that is on the back-ſide of the Leaves be mixed with half a dram of Amber in pouder, and taken with the juyce of Purſlan or Plantan, it will help the running of the reins ſpeedily, and that the herb and root being boiled and taken helpeth all melancholick diſeaſes, and thoſe eſpecially that ariſe from the French diſeaſe. Camerarius ſaith, that the diſtilled water thereof being drunk is very effectual againſt the ſtone in the reins and bladder; and that

the

the Lye that is made of the ashes thereof being drunk for some time together, helpeth splenetick persons. It is used in outward remedies for the same purpose.

Star-thistle.

Descri-ption. THe common Star-thistle hath divers long and narrow Leaves lying next the ground, cut or torn on the edges somewhat deeply into many almost even parts, soft or a little woolly all over the green, among which rise up divers weak stalks parted into many branches all lying or leaning down to the ground, that it seemeth a pretty bush, set with divers the like divided Leaves up to the tops, where severally do stand long and small whitish green heads, set with very sharp and long white pricks, (no part of the Plant being else prickly) which are somewhat else yellowish: out of the middle whereof riseth the flower composed of many small reddish purple threds; and in the heads after the flowers are past come small whitish round seed lying in down, as others do. The Root is small, long, and woody, perishing every year, and rising again of its own sowing.

Place. It groweth wilde in the fields about London in many places, as at Mile-end-green, in Finsbury fields beyond the Winde-mils, and many other places.

Time. It flowreth early, and seedeth in July, and sometimes in Auguſt.

Virtues and Use. The seed of this Star-thistle made into pouder and drunk in Wine provoketh urine, and helpeth to break the stone, and drive it forth. The Root in pouder and given in Wine and drunk is good against the Plague or Pestilence, and drunk in the morning, fasting for some time together is very profitable for fistula in any part of the body. Baptista Sardus doth much commend the distilled water hereof being drunk, to help the French disease, to open Obstructions of the Liver, and cleanse the blood from corrupted humours and is profitably given against quotidian and tertian Agues.

Provokes urine, Stone, plague, fistula, French Pox. obstructions, agues.

Strawberries.

THese are so well known through this Land, that they need no description.

Time. They flower in May ordinarily, and the fruit is ripe shortly after.

Virtues and Use. Strawberries when they are green are cold and dry, but when they are ripe they are cold and moist: the berries are excellent good to cool the Liver, the blood, and the Spleen, or an hot chollerick stomach, to refreth and comfort the fainting spirits, and to quench thirst: they are good also for other inflammation, yet it is not amiss to restrain them in a Feaver,

Cool the Liver, Spleen & Stomach, quench thirst, inflammation,

left by their putrefying in the ſtomach they increaſe the fits. The Leaves and Roots boiled in Wine and Water and drunk do likewiſe cool the Liver and bloud, and aſſwage all Inflammations in the reins and bladder, provoketh urine, and allayeth the heat and ſharpneſs thereof; the ſame alſo being drunk ſtayeth the bloudy flux, and womens Courſes, and helpeth the ſwellings of the Spleen. The water of the berries carefully diſtilled is a ſovereign remedy and Cordial in the panting and beating of the heart, and is good for the yellow Jaundice. The juyce dropped into foul ulcers, or they waſhed therewith, or the Decoction of the herb and root doth wonderfully cleanſe and help to cure them. Lotions and Gargles for ſore mouths or ulcers therein, or in the privy parts, or elſewhere, are made with the Leaves and Roots hereof; which is alſo good to faſten looſe teeth, and to heal ſpungy foul gums. It helpeth alſo to ſtay Catarrhs or defluxions of rheum into the mouth, throat, teeth or eyes, the juyce or water is ſingular good for hot and red inflamed eys, if dropped into them, or they bathed therewith. It is alſo of excellent property for all puſhes, wheals, and other breakings forth of hot and ſharp humours in the face and hands, or other parts of the body, to bath them therewith: and to take away any redneſs in the face, or ſpots, or other deformities in the skin, and to make it clear and ſmooth. Some uſe this medicine, Take ſo many Strawberries as you ſhall think fitting, and put them into a Diſtillatory or body of glaſs fit for them, which being well cloſed, ſet it in a bed of Hors-dung for twelve or fourteen days, and afterwards diſtill it carefully and keep it for your uſe. It is an excellent water for hot inflamed eys, and to take away any film or skin that beginneth to grow over them, and for ſuch other defects in them as may be helped by any out ward medicine.

Provoke urine, ſtops bloudy flux, womens Courſes, panting of the Heart, yellow Jaundice, ulcers, ſore mouth ulcers in the privities, looſe teeth catarrhs, defluxion inflamed Eyes, puſhes wheals, red face, deformities in the skin, films over the eys.

Venus owns the herb.

Succory.

Deſcription. THe Garden Succory hath longer and narrower Leaves than Endive, and more cut in or torn on the edges, and the Root abideth many years. It beareth alſo blue flowers like Endive, and the ſeed is hardly diſtinguiſhed from the ſeed of the ſmooth or ordinary Endive.

The wilde Succory hath divers long Leaves lying on the ground very much cut in or torn on the edges, on both ſides even to the middle rib ending in a point; ſometimes it hath a red rib down to the middle of the Leaves, from among which riſeth up a hard, round, woody ſtalk ſpreading into many branches, ſet with ſmaller and leſſer divided Leaves on them up to the tops where ſtand the flowers, which are like the Garden-kinde as the ſeed is alſo (onely take notice that the

the flowers of the Garden kinde are gone in one ſunny day, they being ſo cold that they are not able to endure the beams of the ſun; and therefore moſt delight in the ſhadow.) The Root is white, but more hard and woody than the Garden kinde: The whole plant is exceeding bitter.

Place. This groweth in many places of our Land, in waſte, untilled, and barren fields. The other onely in Gardens.

Virtues and Uſe. Garden Succory as it is more dry, and leſs cold than Endive, ſo it openeth more: an handful of the leaves, or Roots boyled in Wine, or water, and a draught thereof drunk faſting, driveth forth Choller ick and Flegmatick humours; openeth obſtructions of the Liver, Gall, and Spleen, helpeth the yellow Jaundice, the heat of the Reins and of the Urine, the Dropſie alſo, and thoſe that have an evil diſpoſition in their bodies, by reaſon of long ſickneſs, evil diet, &c. which the Greeks call [Cachexia.] A decoction thereof made with Wine and drunk, is very effectual againſt long lingring Agues: and a dram of the Seed in pouder drunk in Wine before the Fit of an Ague, helpeth to drive it away: The diſtilled water of the Herb and flowers (if you can take them in time) hath the properties, and is eſpecial good for hot ſtomachs, and in Agues, either Peſtilential, or of long continuance, for ſwownings and paſſions of the heart, for the heat and Head-ach in Children, and to the blood and liver. The ſaid water, or the juyce, or the bruiſed leaves applied outwardly, allayeth ſwellings, Inflammations, S. Anthonies fire, Puſhes, Wheals, and Pimples, eſpecially uſed with a little Vineger, as alſo to waſh peſtiferous ſores. The ſaid water is very effectual for ſore eyes, that are inflamed with redneſs, and for Nurſes breaſts that are pained by the abundance of milk.

The wilde Succory as it is more bitter, ſo it is more ſtrengthning to the ſtomach and Liver.

cholleriek and flegmatick humours Obſtructions, yellow Jaundice, heat of the reins & Urine, Dropſie, Agues, Paſſions of the heart, Head-ach, Swellings and Inflammations. S. Anthonies fires, puſhes, Wheals and pimples inflamed Eyes, Too much milk.

Engliſh Tobacco.

Deſcription. THis riſeth up with a thick round ſtalk about two foot high, whereon do grow thick fat green leaves, nothing ſo large as the other Indian kindes, ſomewhat round pointed alſo, and nothing dented about the edges: The ſtalk brancheth forth, and beareth at the tops divers flowers ſet in green huſks like the other, but nothing ſo large, ſcarce ſtanding above the brims of the huſks, round pointed alſo, and of a greeniſh yellow colour. The Seed that followeth is not ſo brigh t, but larger, contained in the like great heads. The Roots are neither ſo great, nor woody, and periſhing every year with the hard froſts in Winter, but riſeth generally of its own ſowing.

Place. This came from ſome parts of Braſile as is thought

thought, and is more familiar to our Countrey, than any of the other sorts, early giving ripe Seed, which the others seldom do.

Time. It flowereth from June sometimes to the end of August, or later, and the Seed ripeneth in the mean time.

Tough Flegm, Worms, Meagrim Pains in the bowels, Gravel and Stone, Winds, Mother, Tooth-ach, Kings Evil, Venomous Creature, Ague, Cramps & aches, Sciatica, Itch, Scabs & Ulcers, Cankers, and foul sores, Lice, Fresh Wound, Old sores, Impostumes and hard swellings.

Virtues and Use. It is found by good experience to be available to expectorate tough Flegm from the stomach, Chest, and Lungs: The juyce thereof made into a Syrup, or the distilled water of the Herb drunk with some sugar, or without if you will: or the smoke taken by a pipe as usual, but fasting. The same helpeth to expell Worms in the stomach or belly, and to ease the pains in the head, or Meagrim, and the griping pains in the bowels: it is profitable for those that are troubled with the stone in the Kidneys, both to ease pains and by provoking Urine to expell Gravel & the stone ingendred therein, and hath been found very effectual to expell windiness and other humours, which cause the strangling of the Mother: the Seed hereof is very effectual to help the Tooth-ach, and the ashes of the burnt Herb, to cleanse the Gums, and make the Teeth white. The Herb bruised and applied to the place grieved with the Kings Evil (as they call it) helpeth it in nine or ten days effectually: Monardus saith, it is a Counter-poyson for the biting of any venomous Creature; the Herb also being outwardly applied to the hurt place: the distilled water is often given with some Sugar before the Fit of an Ague to lessen them, and take them away in three or four times using. If the distilled fieces of the Herb having been bruised before the distillation, and not distilled dry be set in warm dung for fourteen days, & afterwards hung up in a bag, in a wine Celler; that liquor that distilleth therefrom is singular good to use for Cramps, Aches, the Gout, and Sciatica, and to heal Itches, Scabs, and running Ulcers, Cankers, and foul Sores whatsoever: the juyce is also good for all the said griefs, and likewise to kill Lice in childrens heads. The green Herb bruised and applied to any green Wound, cureth any fresh Wound, or cut whersoever: and the juyce put into old Sores both cleanseth and healeth them. There is also made hereof a singular good Salve to help Impostumes, hard Tumours, and other swellings by blows, or falls.

The Tamarisk-Tree.

Spleen, Hemorrhoids, Spitting bloud, Womens Courses,

This is so well known in the places where it grows that it needeth no description.

Time. It flowereth about the end of May, or in June and the Seed is ripe and blown away in the beginning of September.

Virtues and Use. If the Root, leaves, or young branches be boyled in Wine, or Vineger and drunk, and

and applied outwardly, it is very powerfull against the hardneſs of the Spleen. The leaves boyled in Wine and drunk is good to ſtay the bleeding of the Hemorrhoidal Veins, the ſpitting of bloud, and womens too abounding Courſes, and helpeth the Jaundice, the Choliick, and the bitings of all venomous Serpents, except the Aſp. The bark is as effectual if not more to all the purpoſes aforeſaid; and both it and the leaves boyled in Wine, and the Mouth and Teeth waſhed therewith helpeth the Tooth-ach; being dropped into the ears eaſeth the pains, and is good for the redneſs and watering of the eyes. The ſaid decoction with ſome Honey put thereto is good to ſtay Gangrenes and fretting Ulcers, and to waſh thoſe that are ſubject to Nits and Lice. The wood is very effectual to conſume the Spleen, and therefore to drink out of Cups and Cans made thereof is good for Splenetick perſons. The aſhes of the wood are uſed for all the purpoſes aforeſaid, and beſides doth quickly help the Blifters raiſed by burnings, or ſcaldings, by fire or water. Alpinus and Veſlingius do affirm, that the Egyptians do with as good ſucceſs uſe the wood hereof to cure the French diſeaſe, as others do Lignum Vitæ or Guiacum; and give it alſo to ſuch as are poſſeſſed with Lepry, Scabs, Puhes, Ulcers, or the like, and is available alſo to help the Dropſie, ariſing from the hardneſs and obſtruction of the Spleen, as alſo for Melancholly, and the black Jaundice that ariſeth thereof.

Jaundice, cholick, venomous Serpents, Tooth-ach, Pain in the Ears, watering Eyes, gangrene Ulcers, Nits and Lice, Spleen, Burnings, ſcalding, French Pox, Lepry & Scabs, Dropſie, Melancholly, Black jaundice.

Garden Tanſie.

THis alſo is ſo well known that it needeth no deſcription.

Time. It flowereth in June and July.

Virtues and Uſe. The decoction of the common Tanſie, or the juyce drunk in Wine is a ſingular remedy for all the griefs that come by ſtopping of the Urine, helpeth the Strangury and thoſe that have weak Reins and Kidneys: it is alſo very profitable to diſſolve and expell winde in the ſtomach, belly, or bowels, to procure Womens Courſes, and expell windineſs in the Matrix. If it be bruiſed and often ſmelled unto, as alſo applied to the lower part of the belly, it is very profitable for ſuch Women as are given to miſcarry in Childe-bearing, to cauſe them to go out their full time: it is uſed alſo againſt the Stone in the Reins eſpecially to men. The Herb fried with Eggs (as is accuſtomed in the Spring time) which is called a Tanſie, helpeth to digeſt, and carry downward thoſe bad humours that trouble the ſtomach: the Seed is very profitably given to Children for the Worms, and the juyce in drink is as effectual. Being boyled in Oyl it is good for the Sinews ſhrunk by Cramps, or pained with cold, if thereto applied.

Diſeaſes Strangury, Reins, Kidneys, Winde, womb, Miſcarriage, Stone, Stomach, worms, Cramps.

Dame Venus was minded to pleaſure women with childe by this herb, for there grows not an herb fitter for their uſes than this is, it is juſt as though it were cut out for the purpoſe, the herb bruiſed and applied to the Navel ſtays miſcarriage, I know no herb like it for that uſe; boiled in ordinary Beer, and the Decoction drunk doth the like, and if her womb be not as ſhe would have it, or at leaſt as ſhe ſhould have it; let thoſe women that deſire Children love this herb, it is their beſt Companion, their Huſband excepted. Alſo it conſumes the humours, the cold and moiſt conſtitution of Winter moſt uſually infects the body of man with, and that was the firſt reaſon of eating of Tanſies in the Spring, at laſt the world being over-run with Popery, a Monſter called Superſtition perks up his head, and as a juſt judgment of God obſcures the bright beams of knowledg by his diſmal looks, (Phyſicians ſeeing the Pope and his Imps ſelfish they began to be ſo too) and now forſooth Tanſies muſt be eaten onely on Palm and Eaſter Sundays, and their neighbour-days, at laſt Superſtition being too hot to hold, and the ſelfiſhneſs of Phyſicians walking in the clouds, after the Friers and Monks had made the people ignorant, the Superſtition of the Time was found out, but the virtue of the herb hidden, and now it is almoſt if not altogether left off. Surely our Phyſicians are beholding to none ſo much as they are to Monks and Friers, for want of eating this herb in Spring, make people ſickly in Summer, and that makes work for the Phyſician. If it be againſt any man or womans conſcience to eat a Tanſie in the Spring, I am as unwilling to burden their conſciences as I am that they ſhould burden mine, they may boil it in Wine and drink the Decoction, it will work the ſame effect.

Wilde Tanſie or Silver-weed.

THis alſo is ſo well known that it needeth no deſcription.

Place. It groweth almoſt in every place.

Time. It flowreth in June and July.

Virtues and Uſe. Wilde Tanſie ſtayeth the Laſk, and all fluxes of bloud in men or women, which ſome ſay it will do if the green herb be worn in the ſhooes, ſo it be next the ſkin, and it is true enough that it will ſtop the Terms if worn ſo, and the whites too for ought I know. It ſtayeth alſo ſpitting or vomiting of bloud. The pouder of the dried herb taken in ſome of the diſtilled water helpeth the Whites in women, but more eſpecially if a little Corall and Ivory in pouder be put to it: it is alſo much commended to help children that are burſten, & have a rupture being boiled in water & ſalt, boiled in wine & drunk, it eaſeth the griping pains of the bowels, and is good for the Sciatica and Joint-ache. The ſame boiled in Vineger with Honey and

Flux, terms ſtop, ſpitting bloud vomiting of bloud, whites ruptures, belly-ach ſciatica, joynts,

and Allum, and gargled in the mouth, eaſeth the pains of the tooth-ach, faſteneth looſe teeth, helpeth the gums that are ſore, and ſettleth the pallat of the mouth in its place when it is fallen down: it cleanſeth and healeth the ulcers in the mouth or ſecret parts, and is very good for inward wounds, and to cloſe the lips of green wounds; as alſo to heal old, moiſt, corrupt, running ſores in the Legs or elſewhere: being bruiſed and applied to the ſoles of the feet, and the hand-wriſts, it wonderfully cooleth the hot fits of Agues, be they never ſo violent. The diſtilled water cleanſeth the skin of all diſcolourings therein, as Morphew, Sun-burning, &c. as alſo pimples, freckles, and the like; and dropped into the eys, or cloaths wet therein and applied, taketh away the heat and inflammation in them.

tooth-ach looſe teeth gums. ulcers in the mouth, wounds, ſore legs, Pimples, freckles, ſun-burning.

Now Dame Venus hath fitted women with two herbs of one name, one to help Conception, the other to maintain beauty, and what more can be expected of her? What now remains for you but to love your husbands, and not to be wanting to your poor neighbours.

Thiſtles.

OF theſe there are many kindes growing here in England, which are ſo well known that they need no deſcription: their difference is eaſily known by the places where they grow, viz.

Place. Some grow in fields, ſome in meadows, and ſome among the Corn: others on Heaths, Greens, and waſte grounds in many places.

Time. They all flower in July and Auguſt, and their ſeed is ripe quickly after.

Virtues and Uſe. All theſe Thiſtles are good to provoke urine, and to amend the ſtinking ſmell thereof; as alſo the rank ſmell of the arm-pits, or of the whole body, being boiled in Wine and drunk; and are ſaid alſo to help a ſtinking breath, and to ſtrengthen the ſtomach. Pliny ſaith, that the juyce bathed on the place that wanteth hair, it being fallen off, will cauſe it to grow again ſpeedily.

Diſeaſes, ill ſmell, ſtinking breath, ſtomach.

Sure Mars rules it, it is ſuch a prickly buſineſs.

The Melancholly Thiſtle.

Deſcription. THis riſeth up with a tender ſingle ho green ſtalk, bearing thereon four or five l hoary green Leaves, dented about the edges, the poi whereof are little or nothing prickly, and at the uſually but one head, yet ſometimes from the boſ the uppermoſt leaf there ſhooteth forth another er head, ſcaly and ſomewhat prickly, with man fine purple thrums or threds in the middle, whi

ing gathered fresh will keep the colour a long time, and fadeth not from the stalk in a long time, while it perfecteth the seed, which is of a mean bigness lying in the doun: the Root hath many long strings fastned to the head or upper part, which is blackish, and perisheth not.

There is another sort little differing from the former, but that the Leaves are more green above, and more hoary underneath; and the stalk being about two foot high beareth but one large scaly head, with threds and seeds as the former.

Place. They grow in many moist meadows of this Land, as well in these Southern as in the Northern parts.

Time. They flower about July or August, and their seed ripeneth quickly after.

Virtues and Use. Their virtues are but few, but those not to be despised, for the Decoction of the Thistle in Wine being drunk, expels superfluous melancholly out of the body, and make a man as merry as a Cricket, superfluous melancholly causeth care, fear, sadness, despair, envy, and many evils more besides, but Religion teacheth to wait upon Gods providence, and cast our care upon him, who careth for us; what a fine thing were it if men and women could live so? and yet seven years care and fear makes a man never the wiser, nor a farthing the richer. Dioscorides saith, the Root born about one doth the like, and removes all diseases of melancholly. Modern Writers laugh at him, let them laugh that wins, my opinion is, that it is the best remedy against all melancholly diseases that grows, they that please may use it: it is under Capricorn, and therefore under both Saturn and Mars, one rids melancholly by Sympathy, the other by Antipathy.

Melancholly.

Our Ladies Thistles.

Descri-ption. THis hath divers very large and broad Leaves lying on the ground, cut in, and as it were crumpled, but somewhat hairy on the edges, of a white green shining colour, wherein are many lines and strakes of a milky white colour, running all over, and set with many sharp and stiff prickles all about; among which rise up one or more strong, round, and prickly stalks, set full of the like Leaves up to the top, where at the end of every branch cometh forth a great prickly thistle like a head, strongly armed with prickles, and with bright purple thrums rising out of the middle of them, after they are past, the seed veth in the said heads, lying in a great deal of soft doun, which is somewhat flattish and shining, and brown. The Root is great, spreading in the ground, with many strings, and small fibres fastned to. All the whole Plant is bitter in taste.

Plant

Place. It is frequent on the bank of almost every ditch.

Time. It flowereth and seedeth in June, July, and August.

Virtues and Use. Our Ladies Thistle is thought to be as effectual as Carduus Benedictus for Agues, and to prevent and cure infection of the Plague, as also to open Obstructions of the Liver and Spleen, and thereby is good against the Jaundice; it provoketh urine, breaketh and expelleth the stone, and is good for the Dropsie; it is effectual also for the pains of the sides, and many other inward pains and gripings: the seed and distilled water are held powerfull to all the purposes aforesaid; and besides it is often applied both inwardly to drink, and outwardly with Cloaths or Spunges to the Region of the Liver to cool the distemperature thereof, and to the Region of the Heart, against swownings and passions of it.

Agues, plagues, obstructions, Liver, spleen, stone, dropsie, stitches in the side, Liver, blood.

It cleanseth the blood exceedingly, and in Spring if you please to boil the tender Plant, (but cut off the prickles, unless you have minde to choak your self) it will change your blood as the Season changes, and that is the way to be safe, as to change as the times change is the way to live secure, and that Flatterers and Weather-cocks know well enough.

The woolly, or Cotton-thistle.

Description. THis hath many large Leaves lying on the ground, somewhat cut in, and as it were crumpled on the edges of a green colour on the upper side, but covered over with a long hairy wooll or Cotony coun, set with most sharp and cruel pricks; from the middle of whose heads of flowers come forth many purple crimson threds, and sometimes white, although but seldom: the seed that followeth in these white douny heads is somewhat large, long, and round, resembling the seed of Ladies-thistle, but paler: the Root is great and thick, spreading much, yet usually dieth after seed-time.

Place. It groweth on divers Ditch-banks, and in the Corn-fields and High-ways, generally throughout the Land; and is often found growing in Gardens.

Time. It flowreth and beareth seed about the end of Summer, when other Thistles do flower and seed.

Virtues and Use. Dioscorides and Pliny write, that the Leaves and Roots hereof taken in drink, helpeth those that have a Crick in the neck, that they cannot turn it unless they turn their whole body. Galen saith, that the Root and Leaves hereof are good for such persons that have their bodies drawn together by some Spasm or Convulsion, or other Infirmities, as the Rickets, (or as the Colledg of Physicians would have it, the Rachites, about which name they have quarrelled sufficiently) in children; being a dis-

eaſe that hindreth their growth, by binding their nerves, ligaments, and whole ſtructure of their body.

The Fullers thiſtle, or Teaſel.

THis is ſo well known that it needeth no deſcription, being uſed by the Cloath-workers.

The wilde Teaſel is in all things like the former but that the prickles are ſmall, ſoft, and upright, not hooked or ſtiff; and the flowers of this are of fine bluſh or pale Carnation-colour, but of the manured kinde whitiſh.

Place. The firſt groweth being ſown in Gardens or fields for the uſe of Cloath-workers; the other near Ditches and Gills of water in many places of this Land.

Time. They flower in July, and are ripe in the end of Auguſt.

Virtues and Uſe. Dioſcorides ſaith, that the Root bruiſed and boiled in Wine untill it be thick, and kept in a braſen veſſel or pot, and after ſpread as a Salve, and applied to the fundament, doth heal the cleft thereof, as alſo Cankers and fiſtulaes therein, as alſo Warts and Wens: the juyce of the Leaves dropped into ears killeth worms in them. The diſtilled water of the Leaves dropped into the eys taketh away redneſs and miſts in them that hinder the ſight; and is often uſed by women to preſerve their beauty, and to take away redneſs and Inflammations, and all other heat or diſcolourings.

Treacle Muſtard.

Deſcription. THis riſeth up with a hard round ſtalk about a foot high; parted into ſome branches, having divers ſoft green Leaves ſomewhat long and narrow ſet thereon, waved, but not cut in on the edges, broadeſt towards the ends, and ſomewhat round-pointed: the flowers are white that grow at the tops of the branches, ſpike-fathion one above another, after which come large round pouches, parted in the middle with a furrow, having one blackiſh brown ſeed in either ſide, ſomewhat ſharp in taſte, and ſmelling of Garlick, eſpecially in the fields where it is natural, but not ſo much in Gardens: the Roots are ſmall and threddy, periſhing every year. And here give me leave to add Methridate Muſtard, although is may ſeem more properly by the name to belong to the Alphabet M.

Methridate Muſtard.

THis groweth higher than the former, ſpreading more and longer branches, whoſe Leaves are ſmaller and nar

narrower, sometimes unevenly dented about the edges; the flowers are small and white, growing on long branches, with much smaller and rounder seed-vessels after them, and parted in the same manner, having smaller brown seed than the former, and much sharper in taste: the Root perisheth after seed-time, but abideth the first Winter after the springing.

Place. They grow in sundry places of this Land, as half a mile from Hatfield by the River-side under a hedg as you go to Hatfield, and in the street of Peckham on Surry-side.

Time. They flower and seed from May to August.

Virtues and Use. These Mustards are said to purge the body both upwards and downwards, and procureth womens Courses so abundantly, that it suffocateth the birth. It breaketh inward Impostumes being taken inwardly, and used in Clisters helpeth the Sciatica; the seed applied outwardly doth the same. It is an especial Ingredient unto Methridate and Treacle, being of it self an antidote resisting poyson, venom, and putrefaction. It is also available in many causes for which the common Mustard is used.

The Black-thorn, or Slo-bush.

This is so well known that it needeth no description.

Place. It groweth in every place and Countrey, in the hedges and borders of fields.

Time. It fowreth in April, and sometimes in March, but ripeneth the fruit after all other Plums whatsoever, and is not fit to be eaten untill the Autumn frost have mellowed it.

Virtues and Use. All the parts of the Slo-bush are binding, cooling, and drying, and all effectual to stay bleeding at the nose and mouth, or any other place; the Lask of the belly, or stomach, or the bloudy flux, the too-much abounding of womens Courses, and helpeth to ease the pains in the sides, bowels, and guts, that come by over-much stowring, to drink the decoction of the Bark of the Roots, or more usually the decoction of the berries either fresh or dried. The Conserve is also of very much use, and most familiarly taken for the purposes aforesaid. But the distilled water of the flowers first steeped in Sack for a night, and drawn there-from by the heat of Balneum Anglice-a-baths, is a most certain remedy tried and approved to ease all manner of gnawings in the stomach, the sides, and bowels, or any griping pains in any of them, to drink a small quantity when the extremity of pain is upon them: the Leaves also are good to make Lotions, to gargle and wash the mouth and throat, wherein are swellings, sores, or kernels, and to stay the defluxions of rheum to the eys, or other parts, as also to cool the heat and inflammations in them, and to ease hot pains of the head, to bath the forehead and temples there-

Binds, cools, dryes, bleeding, flux, bloudy flux, gnawing bowels, stomach, sore mouth, throat, head-ach

with. The simple distilled waters of the flowers is very effectual for the said purposes, and is the condensate juyce of the Sloes. The distilled water of the green berries is used also for the said effects.

Thoroughwax.

Descri-ption. The common Thoroughwax sendeth forth one straight round stalk, and sometimes more two foot high and better, whose lower Leaves being of a bluish green colour are smaller and narrower than those up higher, and stand close thereto, not compassing it, but as they grow higher they do more and more encompass the stalk, untill it wholly (as it were) pass through them branching toward the top into many parts, where the Leaves grow smaller again, every one standing singly, and never two at any joynt: the flowers are very small and yellow, standing in tusts at the heads of the branches, where afterwards grow the seed, small and blackish, many thick thrust together: the Root is small, long, and woody, perishing every year after seed-time, and rising again plentifully of its own sowing.

Place. It is found growing in many Corn-fields and Pasture-grounds in this Land.

Time. It flowreth in July, and the seed is ripe in August.

Bruises, wounds, ulcers,

Virtues and Use. Thoroughwax is of singular good use for all sorts of bruises and wounds either inward or outward, and old ulcers or sores likewise, if the Decoction of the herb with water or wine be drunk, and the places washed therewith, or the juyce or green herb bruised or boiled either by it self, or with other herbs in Oyl or Hogs-grease, to be made into an Ointment to serve all the year. The Decoction of the herb, or the pouder of the dried herb taken inwardly, and the same or the green Leaves bruised and applied outwardly, is singular good to cure ruptures and burstings, especially in children, before it be too old. Being also applied with a little flour and wax to childrens navels that stick forth it helpeth them.

Ruptures; navels sticking out.

Tormentil.

Descri-ption. This hath many reddish slender weak branches rising from the Root, lying upon the ground, or rather leaning or standing upright, with many short Leaves that stand closer to the stalks than Cinkfoil doth (which this is very like) with the foot-stalk incompassing the branches in several places, but those that grow next to the ground are set upon long foot-stalks, each whereof are like the Leaves of Cinkfoil, but somewhat longer and lesser, and dented about the edges, many of them divided but into five Leaves, but

but moſt of them into ſevens, whence it is alſo called Setſoil; yet ſome may have ſix, and ſome eight, according to the fertility of the ſoil. At the tops of the branches ſtand divers ſmall yellow flowers conſiſting of five Leaves, like thoſe of Cinkfoil, but ſmaller. The Root is ſmaller than Biſtort, ſomewhat thick, but blacker without, and not ſo red within, yet ſometimes a little crooked, having many blackiſh fibres thereat.

Place. It groweth as well in woods and ſhadowy places, as in the open champion-countrey, about the borders of fields in many places of this Land, and almoſt in every Broom-field in Eſſex.

Time. It flowreth all the Summer long.

Virtues and Uſe. Tormentil is moſt excellent to ſtay all kinde of fluxes of blood or humours in man or woman, whether at noſe, mouth, belly, or any wound in the veins or elſewhere. The juyce of the herb or root taken in drink, not onely reſiſteth all poyſon and venom of any creature, but of the Plague it ſelf, and peſtilential Feavers, and contagious diſeaſes, as the Pox, Meaſles, Purples, &c. expelling the Venom and Infection from the heart by ſweating, if the green root be not at hand to be had, the pouder of the dry root is as effectual, a dram thereof being taken every morning. The decoction likewiſe of the herbs and roots made in wine and drunk werketh the ſame effect: and ſo doth the diſtilled water of the herb and root being ſteeped in wine for a night, and then diſtilled in Balneo Mariæ. This water thus diſtilled taken with ſome Venice-treacle, and the party preſently laid to ſweat will certainly (with Gods help) expell any venom or poyſon, or the Plague, Feaver, &c. for it is an Ingredient of eſpecial reſpect in all Antidotes and counter-poyſons. There is not found any Root more effectual to help any flux of the belly, ſtomach, ſpleen, or bloud than this, to be taken inwardly, or applied outwardly. The juyce taken doth wonderfully open Obſtructions of the Liver and Lungs, and therby in ſhort ſpace helpeth the yellow jaundice. Some uſe to make Cakes hereof as well to ſtay all fluxes as to reſtrain all chollerick belchings, and much vomitings with loathings in the ſtomach. The pouder of the dried Root made up with the white of an Egg and baked upon a hot Tile will do it.

Fluxes. bleedings. veins out. terms ſtops. feavers. peſtilences. malignant pox. meaſles. purples. poyſons. Spleen. bloud. inflamed. Liver. Lungs. yellow jaundice.

Andreus Valeſius is of opinion, that the Decoction of this Root is no leſs effectuall to cure the French Pox, than Guajacum, and China; and it is not unlikely, becauſe it ſo mightily reſiſteth putrefaction. Lobel ſaith, that Rondelitius uſed it as Hermodactils for joynt-aches. The pouder alſo or decoction to be drunk or to ſit therein as a bath is an aſſured remedy againſt abortion in women, if it proceed from the over fluxibility or weakneſs of the inward retentive faculty: as alſo a Plaiſter made therewith and Vineger applied to the reins of the back doth much help not onely this but alſo thoſe that cannot hold their water, the pouder

French Pox. miſcarriage.

Diabetes worms ruptures being taken in the juyce of Plantan; and it is also commended against the worms in children. It is very powerfull in ruptures and burstings; as also for bruises and falls, to be used as well outward as inwardly. The *tooth ach* Root hereof made up with Pellitory of Spain and Allum, and put into a hollow Tooth, not onely asswageth the pain, but stayeth the flux of humours which causeth it: Tormentil is no less effectual and powerfull a remedy for outward wounds, sores, and hurts, than for inward, and is therefore a special Ingredient meet to be *wounds: sores, hurts:* used in all wound-drinks, Lotions, and Injections for foul corrupt rotten sores and ulcers of the mouth, secrets, or other parts of the body: and to put either the juyce or ponder of the Root into such Ointments, Plaisters, and such things that are to be applied to wounds and sores: it also dissolveth all knots, kernels, and hardness gathered about the ears, the throat, and jaws, and the Kings Evil, if the Leaves and Roots be bruised and applied thereto: the same also easeth the *gout,* pains of the Sciatica and hip-gout, by restraining the sharp humours that flow thereto. The juyce of the Leaves and Roots used with a little Vineger, is also a special remedy against the running sores of the head *scabby heads.* or other parts, Scabs also, and the Itch, or any such eruptions in the skin proceeding of salt and sharp humours: the same also is effectual for the Piles or Hemorrhoids if they be washed and bathed therewith, or with the distilled water of the herb and roots. It is found also helpfull to dry up any sharp rheum that distilleth from the head into the eys, causing redness, pain, waterings, itchings, or the like, if a little prepared Tutia, or white Amber be used with the distilled water hereof. Many women use this water as a secret to help themselves and others when they are troubled with the too much flowing of the Whites or Reds both to drink it, and inject it with a Syringe. And here is enough, onely remember, the Sun challengeth the herb.

Herba Heliotropion ossa dissequium. called Herba Solis. Sic pia mens Christum quo petet sprevit habet.

Turnsole, or Heliotropolium.

Descri- THe greater Turnsole riseth up with one upption. right stalk about a foot high or more, dividing it self almost from the bottom into divers smaller branches of a hoary colour: at each joynt of the stalk and branches grow two small broad Leaves somewhat white or hoary also: at the tops of the stalks and branches stand many small white flowers consisting of four & somtimes five very small Leavs, set in order one above another, upon a small crooked spike which turneth inwards like a bowed finger, opening by degrees as the flowers blow open; after which in their places some small cornered seed, four for the most part standing together. The Root is small and threddy, perishing every year, and the seed shedding every year, raiseth it again the next Spring.

Place.

Place. It groweth in Gardens, and flowereth and ſeedeth with us in England, notwithſtanding it is not natural to this Land, but to Italy, Spain, and France, where it groweth plentifully.

Virtues and Uſe. Dioſcorides ſaith, that a good handfull of this, which is called the greater Turnſole, boyled in water and drunk, purgeth both Choller and Flegm. and boyled with Cummin and drunk, helpeth the Stone in the Reins, Kidneys, or Bladder, provoketh Urine and Womens Courſes, and cauſeth an eaſie and ſpeedy delivery in Childe-birth. The leaves bruiſed and applied to places pained with the Gout, or that have been out of joynt and newly ſet are full of pain, do give much eaſe. The Seed, and the juyce of the leaves alſo being rubbed with a little Salt upon Warts, Wens, and other hard Kernels in the face, eye-lids, or any other part of the body, will by often uſing take them away.

choller, Flegm, Stone, Diſury, Terms provokes, Gout, Warts, wens, Diſjections.

It is an Herb of the Sun, and a good one too.

Meadow Trefoyl, or Honeyſuckles.

THeſe are ſo well known, eſpecially by the name of Honeyſuckles, white and red, that I need not deſcribe them.

Place. They grow almoſt every where in this Land.

Virtues and Uſe. Dodoneus ſaith, The leaves and flowers are good to eaſe the griping pains of the Guts, the Herb being boyled and uſed in a Clyſter: if the Herb be made into a Pultis and applied to Inflammations, it will eaſe them. The juyce dropped into the eyes is a familiar Medicine with many Countrey people to take away the Pin and Web (as they call it) in the eyes, it alſo allayeth the heat and blood-ſhooting of them; Countrey people do alſo in many places drink the juyce hereof againſt the biting of an Adder, and having boyled the Herb in water, they firſt waſh the place with the decoction, and then lay ſome of the Herb alſo to the hurt place. The Herb alſo boyled in Swines greaſe and ſo made into an Oyntment is good to apply to the biting of any venomous Creature. The Herb alſo bruiſed & heated between two Tiles, and applied hot to the ſhare, cauſeth them to make water who had it ſtopped before: it is held likewiſe to be good for Wounds, and to take away Scars. The decoction of the Herb and flowers with the Seed and Root taken for ſome time, helpeth Women that are troubled with the Whites. The Seed and flowers boyled in water, and after made into a Pultis with ſome Oyl and applied, helpeth hard ſwellings and Impoſthumes.

Belly-ach. Inflammations, Pin and web, Eyes, venomous beaſts, Biſury, wounds, Scars, whites, ſwellings, impoſthumes.

Of Trefoyl, or three leaved graſs, there are very many ſorts deſcribed by Authours, but one I have found out which I never read of, the leaf is but ſmall and it beareth a ſmall yellow flower, in the midſt of

each leaf of the Herb, is a perfect picture of a heart in red colour, it grows plentifully in a field between Longford and Bowe; also I found one Root in the high way between Chadwel and Rumford, in Essex, as also another in the high-way between Horn-Church and Upminster in the same County, the taste is something more hot and spicy than the taste of the rest is.

Tutsan, or Park leaves.

Descri-ption. THis hath many brownish shining round stalks crested all the length thereof, rising to be two and sometimes three foot high, branching forth even from the bottom, having divers joynts, and at each of them two fair large leaves standing, of a dark blish green colour on the upper side, and of a yellowish green underneath, turning reddish towards Autumn, but abiding on the branches all the Winter: At the tops of the stalks and branches stand large yellow flowers, and heads with Seed, which being greenish at the first, and afterwards reddish, turn to be of a blackish purple colour when they are through ripe, with small brownish Seed within them, and then yield a reddish juyce, or liquour, of a reasonable good scent, somewhat resinous, and of an harsh, or stiptick taste, as the leaves also and the flowers be, although much less, but do not yield such a clear Claret-wine liquour as some say it doth: the Root is brownish, somewhat great, hard, and woody, spreading well in the ground.

Place. It groweth in many Woods, Groves, and wooddy grounds, as Parks and Forrests, and by hedge-sides in many places of this Land, as in Hamsted Wood, by Rainey in Essex, in the wilde of Kent, and in many other places needless to recite.

Time. It flowereth later than S. Johns, or S. Peters wort.

Choller, Sciatica, Gout, burnings, bleeding, Wounds Ulcers,

Virtues and Use. Tutsan purgeth Chollerick humours, as S. Peters wort is said to do, for therein it worketh the same effects, both to help the Sciatica and Gout, and to heal burnings by fire: it stayeth also the bleeding of Wounds, if either the green herb be bruised, or the pouder of the dry be applied thereto. It hath been accounted and certainly is a sovereign Herb to heal any Wound, or sore, either outwardly or inwardly, and therefore always used in drinks, Lotions, Balms, Oyls, Oyntments for any sort of green Wound, or old Ulcers and Sores, in all which the continual experience of former ages hath confirmed the use thereof to be admirable good, though it be not so much in use now as when Physicians and Chirurgeons were so wise as to use Herbs more than now they do.

It is an Herb of Saturn and a most noble Antivenerian.

Gar-

Garden Valerian.

Descri-ption. THis hath a thick short grayish Root, lying for the most part above ground, shooting forth on all sides other such like small pieces, or roots, which have all of them many long and great strings, or fibres under them in the ground, whereby it draweth nourishment. From the heads of these Roots spring up many green leaves, which at first are somewhat broad and long without any division at all in them, or denting on the edges, but those that rise up after are more and more divided on each side, some to the middle rib, being winged, as made of many leaves together on a stalk, and those upon the stalk in like manner are more divided, but smaller towards the top than below: the stalk riseth to be a yard high, or more, sometimes branched at the top, with many small whitish flowers, sometimes dashed over at the edges with a pale purplish colour, of a little scent: which passing away there followeth small, browniſh white Seed, that is easily carried away with the winde. The Root smelleth more strong than either leaf, or flower, and is of more use in Medicine.

Place. It is generally kept with us in our Gardens.

Time. It flowereth in June, and July, and continueth flowering untill the frosts pull it down.

Vertues and Use. Dioscorides saith, That the Garden Valerian hath a warming faculty, and that being dried and given to drink, it provoketh Urine, and helpeth the Strangury: the decoction thereof taken doth the like also, and take h away pains of the sides, provoketh Womens Courses, and is used in Antidotes. Pliny saith, that the pouder of the Root given in drink, or the decoction thereof taken helpeth all stoppings and stranglings in any part of the body, whether they proceed of pains in the Cheſt, or sides, and taketh them away. The Root of Valerian boyled with Licoris, Raisons, and Annis-seed, is singular good for those that are short winded, and for those that are troubled with the Cough, and helpeth to open the passages, and to expectorate Flegm easily. It is given to those that are bitten, or stung by any venomous Creature, being boyled in Wine. It is of especial virtue against the Plague, the decoction thereof being drunk, and the root being used to smell unto; it helpeth also to expell the winde in the belly. The green Herb with the Root given fresh, being bruised and applied to the head taketh away the pains and prickings therein, stayeth Rheums and thin distillations, and being boiled in white Wine, and the drop thereof put into the eye, taketh away the dimness of the sight, or any Pin or Web therein: it is of excellent property to heal any Inward Sores, or Wounds, as also for outward Hurts, or Wounds, and draweth any Splinter, or Thorn out of the flesh.

Dissury, Strangury, Stitch, Terms provokes, breast,

short Wind, Cough, Flegm, pestilence winds,

Head-ach, Eyes, Pin and Web, Wounds, Splinters, Thorns,

Vervain.

Descri-ption. THe common Vervain hath somewhat long and broad leaves next the ground, deeply gashed about the edges and some onely deeply dented or cut all alike, of a blackish green colour on the upper side, and somewhat gray underneath: the stalk square branched into several parts, rising about a foot high, especially if you reckon the long spike of flowers at the tops of them, which are set on all side one above another, and sometimes two or three together, being small and gaping, of a purplish blue colour, and white intermixt, after which come small round Seed in small and somewhat long heads: the Root is small and long, but of no use.

Place. It groweth generally throughout this Land in divers places by the hedges and way-sides, and also waste grounds.

Time. It flowereth about July, and the Seed is ripe soon after.

Obstructions, cleansing, healing, yellow Jaundice, venomous beasts, Pestilence, Agues, Worms, cough, Shortness of breath, wheesing, Stone, Gravel, Reins, Bladder, Wounds, Dropsie, bleeding wounds, Ulcers, Fistulaes, Head ach, Frenzie, Morphew, Freckles, Eyes.

Virtues and Use. Vervain is hot and dry, biting, opening Obstructions, cleansing, and healing, it helpeth the yellow Jaundice, the Dropsie, and the Gout, the defects of the Reins and Lungs, and generally all inward pains and torments of the body, the leaves being boyled and drunk; the same is held to be good against the bitings of Serpents, and other venemous beasts; and against the Plague, and both Tertian and Quartan Agues, killeth and expelleth Worms in the belly, and causeth a good colour in the face and body, strengthneth as well as correcteth the diseases of the Liver and Spleen, is very effectual in all diseases of the stomach and Lungs, as Coughs, shortness of breath and wheesings, and is singular good against the Dropsie, to be drunk with some Peony Seeds, bruised and put thereto; and is no less prevalent for the defects of the Reins and bladder, to cleanse them of those humours that ingender the Stone, and helpeth to break the Stone, and to expell Gravel: It consolidateth and healeth also all Wounds both inward and outward, and stayeth bleedings, and used with some Honey healeth all old Ulcers and Fistulaes in the Legs, or other parts of the body, as also those Ulcers that happen in the mouth, or used with old Hogs grease it helpeth the swellings and pains of the secret parts in Man or Woman, as also for the Piles and Hemorrhoids: applied with some Oyl of Roses and Vineger unto the head and Temples, it easeth the inveterate pains in the head, and is good for those that are Frentick. The leaves bruised, or the juyce of them mixed with some Vineger doth wonderfully cleanse the skin, and taketh away Morphew, Freckles, Pustulaes, and other such like Inflammations and deformities of the skin in any part of the body. The distilled water of the Herb when it is in his full strength, dropped into the eyes cleanseth them from Films, Clouds, or

hat darken the sight, and wonderfully strengtheneth he Optick Nerves; the said water is very powerfull n all the diseases aforesaid, either inward or outard, whether they be old corroding Sores, or green Wounds.

This also is an Herb of Venus, and an excellent erb for the Womb to strengthen it, and remedy all he cold griefs of it, as Plantan doth the hot, the Herb raised and hung about the Neck helps the Head-ach.

The Vine.

The leaves of the English Vine (I do not intend to send you to the Canaries for a Medicine) being boyl- d make a good Lotion for sore mouths, being boyled ith Barley meal into a Pultis, it cools Inflammations f Wounds, the droppings of the Vine when it is cut in he Spring, which Countrey people call tears, being oyled into a Syrup with Sugar and taken inwardly, is xcellent to stay womens longings after every thing ey see, which is a disease many women with Childe re subject to; the decoction of Vine leaves in white ine doth the like: also the Tears of the Vine drunk, wo or three spoonfulls at a time, breaks the Stone in he bladder: this is a very good remedy, and it is dis- reetly done to kill a Vine to cure a man, but the Salt f the leaves is held to be better.

Sore Mouths,
Inflammations,
Womens longings,
Stone,

The ashes of the burnt branches will make Teeth eat are as black as a coal, to be as white as snow, if ou do but every morning rub them with it.

Teeth black.

Violets.

These both Tame and Wilde, are so well known that they need no description.

Time. They flower untill the end of July, but are et in March, and the beginning of April.

Virtues and Use. All the Violets are cold and moist hile they are fresh and green, and are used to cool y heat, or distemperature of the body, either inward- y or outwardly, as Inflammations in the eyes, in the atrix or Fundament, in Impostumes also and hot ellings, to drink the decoction of the leaves, or owers made with water or Wine, or to apply them ultis-wise to the grieved place, it likewise easeth ains in the head, caused through want of sleep; or in y other place arising of heat, being applied in the ne manner, or with Oyl of Roses. A dram weight of e dried leaves of the flowers of Violets (but the aves more strongly) doth purge the body of Chollе- ck humours, and assuageth the heat being taken in a aught of Wine, or any other drink: the pouder of e purple leaves of the flowers onely picked and ied, and drunk in water is said to help the Quinsie an

Inflammations Eyes, Womb, Head-ach, watching Choller, Quinsie,

Falling-sickness, Swellings, Pleurisies, Phlegm, Hoarsness, Throat, Back, Reins, Bladder,

and the Falling-sickness in Children, especially in the beginning of the disease. The flowers of the white Violets ripeneth and dissolveth swellings. The Herb or flowers while they are fresh, or the flowers when they are dry, are effectual in the Plurisie, and all diseases of Lungs, to lenifie the sharpness of hot Rheum, and the hoarsness of the Throat, the heat also, and sharpness of Urine, and all pains of the back, or Reins and the bladder: it is good also for the Liver and the Jaundice, and in all hot Agues to cool the heat, and quench the thirst: but the Syrup of Violets is of more use, & of better effect, being taken in some convenient liquor; and if a little of the juyce, or Syrup of Limmons be put to it, or a few drops of the Oyl of Vitriol, it is made thereby the more powerfull to cool the heat and to quench the thirst, and giveth to the drink a Clarret-wine-colour, and a fine tart relish, pleasing the taste. Violets taken, or made up with Honey doth more cleanse than cool, and with Sugar contrary-wise. The dried flowers of Violets are accounted among the Cordial drinks, pouders, and other Medicines, especially where cooling Cordials are necessary: the green leaves are used with other Herbs, to make Plaisters and Pultises for Inflammations and swellings, and to ease pains wheresoever, arising of heat, and for the Piles also, being fried with Yolks of Eggs and applied thereto.

Thirst, Heart.

Pansies, or Heartsease are like unto Violets in all their operations, but somewhat hotter and drier, yet very temperate, and by viscuous juyce therein doth somewhat mollifie, yet less than Mallows: it is conducing in like manner as Violets to the hot diseases of the Chest and Lungs: for Agues, Convulsions, and Falling-sickness in Children. The decoction helpeth Itch and Scabs being bathed therewith: it is said also to soder green Wounds, and to help old Sores, the juyce or distilled water thereof being drunk.

Vipers Bugloss.

Descri-ption. THis hath many long rough leaves lying on the ground, from among which rise up divers hard round stalks, very rough, as if they were thick set with prickles or hairs, wherein are set such like long rough hairy, or prickly sad green leaves, somewhat narrow; the middle rib for the most part being white. The flowers stand at the tops of the stalks, branched forth into many long spiked leaves of flowers, bowing or turning like the Turnsole, all of them opening for the most part on the one side, which are long and hollow, turning up the brims a little, of a purplish Violet colour in them that are fully blown, but more reddish while they are in the bud, as also upon their decay and withering; but in some places of a paler purple colour, with a long pointel in the middle, feathered

thered or parted at the top: after the flowers are fallen, the Seeds growing to be ripe, are blackiſh, cornered and pointed ſomewhat like unto the head of a Viper. The Root is ſomewhat great and blackiſh, and woolly, when it groweth toward Seed time; and periſheth in the Winter.

There is another ſort little differing from the former, onely in that it beareth white flowers.

Place. The firſt groweth wilde, almoſt every where. That with white flowers, about the Caſtle walls of Lewes in Suſſex.

Time. They flower in Summer, and their Seed is ripe quickly after.

Virtues and Uſe. It is an eſpecial remedy againſt the biting of the Viper, and of all other venomous Beaſts or Serpents, as alſo againſt poyſon and poyſonfull Herbs. Dioſcorides and others ſay, that whoſoever ſhall take of the Herb or Root before they be bitten, ſhall not be hurt by the poyſon of any Serpent. The Roots or Seeds are thought to be moſt effectual to comfort the heart, and expell ſadneſs, or cauſe leſs Melancholly, it tempers the bloud, and allayeth the hot fits of Agues: the Seed drunk in Wine procureth abundance of Milk in Womens breaſts. The ſame alſo being taken eaſeth the pains in the Loins, Back, and Kidneys: The diſtilled water of the Herb when it is in flower, or his chiefeſt ſtrength, is excellent to be applied either inwardly or outwardly for all the griefs aforeſaid. There is a Syrup made hereof very effectual for the comforting of the heart, and expelling ſadneſs and melancholly.

Venomous beaſts, Poyſons

Heart, ſadneſs, Melancholly, Agues, Milk, Loins, Back, Kidneys.

Wall-flowers, or Winter Gilly-flowers.

THe Garden kindes are ſo well known that they need no deſcription.

Deſcription. The common ſingle Wall-flowers which grow wilde abroad, hath ſundry ſmall, long, narrow, and dark green leaves, ſet without order upon ſmall, round, whitiſh wooddy ſtalks, which bear at the tops divers ſingle yellow flowers one above another, every one having four leaves apiece, and of a very ſweet ſcent: after which come long Pods containing reddiſh Seed. The Root is white, hard and threddy.

Place. It groweth upon old Church walls, and old walls of many houſes, and on other ſtone walls in divers places. The other ſorts in Gardens onely.

Time. All the ſingle kindes do flower many times in the end of Autumn, and if the Winter be milde, all the Winter long, but eſpecially in the Moneths of February, March, and April, and untill the heat of the Spring do ſpend them: but the double kindes continue not flowering in that manner all the year along, al-

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though they flower very early ſometimes, and in ſome places very late.

Obſtructions, Liver, Terms provokes. After-birth, Dead Childe, Spleen, Diſtemper, Gout, Sinews, apoplexy, Palſey.

Virtues and Uſe. Galen in his ſeventh book of ſimple Medicines ſaith, that the yellow Wall-flowers worketh more powerfully than any of the other kinds, and is therefore of more uſe in Phyſick, it cleanſeth the bloud and freeth the Liver and Reins from obſtructions, provoketh Womens Courſes, expelleth the Secundine and dead Childe, helpeth the hardneſs and pains of the Mother, and of the Spleen alſo, ſtayeth Inflammations and ſwellings, comforteth and ſtrengtheneth any weak part, or out of joynt: helpeth to cleanſe the Eyes from mittineſs and Films on them, and to cleanſe foul and filthy Ulcers in the mouth, or any other part, and is a ſingular remedy for the Gout, and all aches and pains in the joynts and ſinews. A Conſerve made of the flowers is uſed for a remedy both for the Apoplexie and Palſey.

The Wallnut-tree.

THis is ſo well known, that it needeth no Deſcription.

Time. It bloſſometh early before the leaves come forth, and the fruit is ripe in September.

Binder, Dries,

Virtues and Uſe. The bark of the Tree, doth binde and dry very much, and the leaves are much of the ſame temperature, but the leaves when they are older, are heating and drying the ſecond degree, and harder of digeſtion than when they are freſh, which by reaſon of their ſweetneſs are more pleaſing and better digeſting in the ſtomach, and taken with ſweet Wine they move the belly downwards; but being old, they grieve the ſtomach, and in hot bodies cauſe Choller to abound, and the Head-ach, and are an enemy to thoſe that have the Cough: but are leſs hurtfull to thoſe that have colder ſtomachs, and are ſaid to kill the broad

worms,

Worms in the belly or ſtomach. If they be taken with Onions, Salt, and Honey, they help the biting of a mad Dog, or the venom, or infectious poyſon of any beaſt, &c. Oneus Pompeius found in the Treaſury of Methridates King of Pontus, when he was overthrown, a Scorle of his own hand-writing, containing a Medicine againſt any poyſon and infection, which is this: take two dry Walnuts, and as many good Figs, and twenty leaves of Rue, bruiſed and beaten together with two or three Corns of Salt, and twenty Juniper Berries, which taken every morning faſting, preſerveth from danger of Poyſon, or Infection, that day it is taken. The juyce of the outer green huſks boyled up with Honey, is an excellent gargle for ſore mouths, the heat and Inflammations in the Throat and Stomach: the kernels when they grow old are more Oily, and therefore not ſo fit to be eaten, but are then uſed to heal

Poyſon, Epidemicall diſeaſes; Inflammation

heal the Wounds of the Sinews, Gangrenes, and Carbuncles; the said kernels being burned, are then very astringent, and will then stay laske and Womens Courses, being taken in Red-wine; and stay the falling of the hair, and make it fair, being anointed with Oyl and Wine; The green husks will do the like being used in the same manner. The kernels beaten with Rue and Wine, being applied, helpeth the Quinsie; and bruised with some Honey and applied to the ears, easeth the pains and Inflammations of them: A piece of the green husk put unto a hollow Tooth, easeth the pains. The Catkins hereof taken before they fall off, dried and given a dram thereof in ponder with white Wine, wonderfully helpeth those that are troubled with the rising of the Mother. The Oyl that is pressed out of the kernels, is very profitably taken inward like Oyl of Almonds, to help the Chollick, and to expell winde very effectually, an ounce or two thereof may be taken at a time. The young green Nuts taken before they be half ripe, and preserved with Sugar, are of good use for those that have weak stomachs, or defluxions thereon. The distilled water of the green husk before they be half ripe, is of excellent use to cool the heat of Agues, being drunk an ounce or two at a time, as also to resist the infection of the plague, if some thereof be also applied to the Sores thereof: the same also cooleth the heat of green Wounds and old Ulcers, and healeth them being bathed therewith: the distilled water of the green husks being ripe when they are shelled from the Nuts, being drunk with a little Vineger, is also found by experience to be good for those that are infected with the plague, so as before the taking thereof a Vein be opened. The said water is very good against the Quinsie being gargled and bathed therewith, and wonderfully helpeth deafness, the noise, and other pains in the ears. The distilled water of the young green leaves in the end of May performeth a singular cure on foul running Ulcers and Sores, to be bathed with wet cloaths, or spunges applied to them evening and morning.

in the Throat. Wounds of the Sinews. Gangrenes carbuncles Flux, Terms stops. Baldness, Quinsie, Toothachs, Mother. chollick, Winde, Agues, Deafness, Ears,

Wold, Weld, or Dyers Weed.

Descripcion. THe common kinde groweth bushing with many leaves, long, narrow, and flat upon the ground, of a dark, bluish, green colour, somewhat like unto Woad, but nothing so large, a little crumpled and as it were round pointed, which do so abide the first year: and the next Spring from among them rise divers round stalks, two or three foot high, beset with many such like leaves thereon, but smaller, and shooting forth some small branches, which with the stalks carry many small yellow flowers in a long spiked head, at the tops of them where afterwards come the Seed, which is small and black inclosed in heads that are divided at the tops into four parts. The Root is long

white, and thick, abiding the Winter: The whole Herb changeth to be yellow after it hath been in flower a while.

Place. It groweth every where by the way-sides in moist grounds as well as dry, in corners of fields and by-lanes: and sometimes all over the field; in Sussex and Kent, they call it Greenweed.

Time. It is in flower about June.

Flegm, humours, tumours, venomous beasts, pestilence, Worms.

Virtues and Use. Mathiolus saith, that the Root hereof cutteth tough Flegm, digesteth raw Flegm, thinneth gross humours, dissolveth hard Tumours, and openeth obstructions. Some do highly commend it against the bitings of venomous Creatures, to be taken inwardly and applied outwardly to the hurt place; as also for the Plague or Pestilence. The people in some Countries of this Land do use to bruise the Herb and lay it to Cuts or Wounds in the hands or legs to heal them.

Wheat.

Descri-ption.

THe several kindes hereof are so well known unto almost all people that it is altogether needless to write any description thereof.

Cold, Tetters, Ring-worms, Ulcers, chops in the hands and feet, Mad Dogs, Eyes, Kings Evil, Worms, pestilence, Scabs. Leprosie,

Virtues and Use. Dioscorides saith, that to eat the Corns of green Wheat is hurtfull to the stomach, and breedeth Worms. Pliny saith, that the Corns of Wheat toasted upon an Iron pan, and eaten, is a present remedy for those that are chilled with cold. The Oyl pressed from Wheat between two thick plates of Iron, or Copper heated, healeth all Tetters & Ring-worms being used warm, and hereby Galen saith, he hath known many to be cured. Mathiolus commendeth the same Oyl to be put into hollow Ulcers to heal them up, and it is also good for chops in the hands, or feet, and to make a rugged skin smooth.

The green Corns of Wheat being chewed, and applied to the place bitten by a mad Dog, healeth it: slices of Wheat bread soaked in red Rose-water, and applied to the eyes that are hot, red, and inflamed, or bloud-shotten, helpeth them. Hot bread applied for an hour at a time three dayes together, perfectly healeth the Kernels in the Throat, commonly called the Kings Evil. The flour of Wheat mixed with the juyce of Henbane, stayeth the flux of humours to the joynts, being laid thereon: the said meal boyled in Vineger helpeth the shrinking of the Sinews saith Pliny; and mixed with Vineger and Honey boyled together healeth all Freckles, Spots, and Pimples on the face. Wheat-flour mixed with the yolk of an Egg, Honey, and Turpentine, doth draw, cleanse, and heal, any boyl, Plague-sore, or foul Ulcer. The bran of wheat-meal steeped in sharp Vineger, and then bound in a linnen cloath, and rubbed on those places that have the Scurf, Morphew, Scabs, or Leprosie, will take them away, the body being

being firſt well purged & prepared. The decoction of the bran of wheat or barley, is of good uſe to bath thoſe places that are burſten by a rupture: and the ſaid bran boyled in good Vineger, and applied to ſwollen breaſts helpeth them, and ſtayeth all Inflammations; it helpeth alſo the bitings of Vipers, (which I take to be no other but our Engliſh Adder) and all other venomous Creatures. The leaves of wheat-meal applied with ſome Salt, taketh away hardneſs of the skin, Warts, and hard Knots in the fleſh. Starch moiſtned with Roſe-water, laid to the Cods taketh away their Itching. Wafers put in water and drunk, ſtayeth the Lask and bloody Flux, and is profitably uſed both inward and outwardly for the Ruptures in Children: boyled in water unto a thick gelly and taken, it ſtayeth ſpitting of bloud: and boyled with Mints and butter it helpeth the hoarſneſs of the Throat.

venomous beasts, Cods, Hearſneſs.

The Willow-Tree.

THeſe are ſo well known that they need no deſcription: I ſhall therefore onely ſhew you the Virtues thereof.

Virtues and Uſe. Both the leaves, bark, and the Seed are uſed to ſtanch bleeding of Wounds, and at Mouth, and Noſe, ſpitting of bloud, and all other Fluxes of bloud in Man or Woman, and to ſtay vomiting, and provocation thereunto, if the decoction of them in wine be drunk. It helpeth alſo to ſtay thin, hot, ſharp, ſalt diſtillations from the head upon the Lungs cauſing a Conſumption: the leaves bruiſed with ſome Pepper and drunk in Wine, much helpeth the winde Chollick. The leaves bruiſed and boyled in Wine and drunk ſtayeth the heat of Luſt in Man or Woman, and quite extinguiſheth it, if it be long uſed; the Seed is alſo of the ſame effect. The water that is gathered from the Willow when it flowereth, the bark being ſlit, and a fitting Veſſel ſet to receive it, is very good for redneſs and dimneſs of ſight, for films that grow over the eyes, and ſtay the Rheums that fall into them, to provoke Urine being ſtopped if it be drunk, and to clear the face and ſkin from ſpots and diſcolourings. Galen ſaith, the flowers have an admirable faculty in drying up humours, being a Medicine without any ſharpneſs or corroſion: you may boyl them in white Wine, and drink as much as you will, (ſo you drink not your ſelf drunk.) The bark works the ſame effects, if uſed in the ſame manner, and the Tree hath always bark upon it, though not always flowers: the burnt aſhes of the bark, being mixed with Vineger taketh away Warts, Corns, and ſuperfluous fleſh being applied to the place. The decoction of the leaves or bark in Wine, takes away Scurf, or Dandrif by waſhing the place with it: it is a fine cool Tree, the boughs of which are very convenient to be placed in the Chamber of one ſick of a Feaver.

Stanch Bleeding, ſpitting of bloud, Fluxes of bloud, vomiting, Diſtillations on the lungs, Wind chollick, Heat of Luſt, Dimneſs of ſight and other diſeaſes in the Eyes clear the face, Dry up humours, Warts, corns and ſuperfluous fleſh, Scurf or dandriff, Feaver.

Woad.

Descri-ption. IT hath divers large leaves, long, and somewhat broad withall, like to those of the greater Plantan, but larger, thicker, of a greenish colour, and somewhat blue withall: from among which leaves riseth up a lusty stalk, three or four foot high, with divers leaves set thereon; the higher the stalk riseth, the smaller are the leaves, at the top it spreadeth into divers branches, at the ends of which appear pretty little yellow flowers, & after they pass away like other flowers of the field, come husks, long, and somewhat flat withall, in form they resemble a tongue, in colour they are black, and they hang bobbing downwards. The Seed contained within these husks (if it be a little chewed) gives an Azure colour. The Root is white and long.

Place. It is sowed in fields for the benefit of it, where those that sow it cut it three times a year.

Time. It flowereth in June, but is long after before the Seed is ripe.

Virtues and Use. Some people affirm the plant to be destructive to Bees, which if it be I cannot help it: they say it possesseth Bees with a Flux, but that I can hardly believe, unless Bees be contrary to all other Creatures, I should rather think it possesseth them with the contrary disease, the Herb being exceeding drying and binding. However, if any Bees be diseased thereby, the cure is to set Urine by them, but set it in such a Vessel that they cannot drown themselves, which may be remedied if you put pieces of Cork in it. I told you before the Herb was drying and binding, and so drying and binding that it is not fit to be given inwardly. An Oyntment made thereof stancheth bleeding: a plaister made thereof and applied to the Region of the Spleen (and I pray you take notice, that the Spleen lies on the left side) takes away the hardness and pains thereof: the Oyntment is excellent good in such Ulcers as abound with moisture, and takes away the corroding and fretting humours: it cools Inflammations, quencheth S. Anthonies fire, and stayeth Desluxions of bloud to any part of the body.

Bleeding, Spleen, Ulcers, Inflammations S. Anthonies fire. Desluxions of bloud.

Woodbinde, or Honey-suckles.

THe plant is so common that every one that hath eys knows them, and he that hath none cannot reade a description if I should write it.

Time. They flower in June, and the fruit is ripe in August.

Virtues and Use. Doctor Tradition, that grand Introducer of errours, that hater of Truth, that Lover of Folly, and that mortal Foe to Doctor Reason, hath taught the common people to use the leaves and flowers of this plant in mouth-waters, and by long

con-

continuance of time hath so grounded it in the brains of the Vulgar that you cannot beat it out with a beetle: all mouth-waters ought to be cooling and drying, but Honey-suckles are cleansing, consuming, and digesting, and therefore no ways fit for Inflammations, thus Doctor Reason. Again, if you please we will leave Dr. Reason a while and come to Dr. Experience, a learned Gentleman, and his brother; take a leaf and chew it in your mouth, and you will quickly finde it likelier to cause a sore Mouth, or Throat, than to cure it. Well then, if it be not good for this, what is it good for? It is good for something: For God and Nature made nothing in vain: it is an Herb of Jupiter and appropriated to the Lungs, the celestial Crab claims Dominion over it; neither is it a Foe to the Lion: if the Lungs be afflicted by Mercury, this is your cure: it is fitting a Conserve made of the flowers of it were kept in every Gentlewomans house; I know no better cure for an Asthma than this; besides, it takes away the evil of the Spleen, provokes Urine, procures speedy delivery to Women in travail, helps Cramps, Convulsions and Palseys, and whatsoever griefs comes of cold, or stopping: if you please to make use of it in an Oyntment, it will clear your skin of Morphew, Freckles, and Sun-burning, or whatsoever else discolours it, and then the Maids will love it. I have done, when I have told you what Authours say, and cavelled a little with them, they say the flowers are of more effect than the leaves, and that is true; but they say the Seeds are of least effect of all: But Dr. Reason told me, that there was a Vital spirit in every Seed to beget its like; and Dr. Experience told me, that there was a greater heat in a Seed than there was in any other part of a plant, and withall that heat was the Mother of action, and then judge if old Dr. Tradition (who may well be honoured for his age, but not for his goodness) have not so poysoned the World with his errours before I was born, that it was never well in its wits since, and there is great fear it will die mad.

Lungs ill affected, Asthma, Spleen provokes Urine, speedy delivery in Childebirth, Cramps, convulsions and Palsies, Freckles and Sun-burning.

Wormwood.

Description. THree Wormwoods are familiar with us, one I shall not describe, another I shall describe, and the third be Critical at. And I care not greatly if I begin with the last first.

Sea Wormwood hath gotten as many names as virtues (and perhaps one more) Seriphion, Santonicon, Belgicum, Narbonense, Xantomicum, Misnense, and a matter of twenty more, which I will not blot paper withall: A Papist got the Toy by the end, and he called it Holy Wormwood; and in truth I am of opinion, their giving so much holiness to Herbs is the reason there remains so little in themselves.

The Seed of this Wormwood is that which uſually Women give their Children for the Worms : Of all Wormwoods that grow here, this is the weakeſt; I but Doctors commend it, and Apothecaries ſell it, the one muſt keep his credit, and the other get money, and that is the key of the work. The Herb is good for ſomething, becauſe God made nothing in vain; will you give me leave to weigh things in the ballance of reaſon; then thus, The Seeds of the common Wormwood are far more prevalent than the Seed of this, to expell Worms in Children, or people of ripe age : Of both, ſome are weak, ſome are ſtrong. The Seriphian Wormſeed is the weakeſt, and haply may prove to be fitteſt for weakeſt bodies, (for it is weak enough in all conſcience. Let ſuch as are ſtrong take the common wormſeed, for the other will do but little good. Again, near the Sea many people live, and Seriphium grows near them, and therefore is more fitting for their bodies, becauſe nouriſhed by the ſame Air; and this I had from Dr. Reaſon. In whoſe body Dr. Reaſon dwells not, dwells Dr. Madneſs, and he brings in his brethren, Dr. Ignorance, Dr. Folly, and Dr. Sickneſs, and theſe together make way for Dr. Death, and the latter end of that man is worſe than the beginning. Pride was the cauſe of Adams fall, Pride begat a daughter, I do not know the Father of it unleſs the Devil, but ſhe Chriſtened it, and called it Appetite, and ſent her daughter to taſte theſe Wormwoods, who finding this the leaſt bitter, made the ſqueamiſh weneh extoll it to the ſkies, though the virtues of it never reached to the middle region of the Air. Its due praiſe is this; It is weakeſt, therefore fitter for weak bodies, and fitter for thoſe bodies that dwell near it than thoſe that live far from it : my reaſon is, the Sea (as thoſe that live far from it, know when they come near it) caſteth not ſuch a ſmell as the Land doth : the tender mercies of God being over all his works, hath by his eternal providence planted Seriphium by the Sea-ſide, as a fit Medicine for the bodies of thoſe that live near it. Laſtly, It is known to all that know any thing in the courſe of Nature, that the Liver delights in ſweet things; if ſo, it abhors bitter; then if your Liver be weak, it is none of the wiſeſt courſes to plague it with an enemy: if the Liver be weak a Conſumption follows; would you know the reaſon? it is this, a mans fleſh is repaired by bloud, by a third concoction which tranſmutes bloud into fleſh (it is well I ſaid [Concoction] for if I had ſaid [boyling] every Cook would have underſtood me.) The Liver makes bloud, and if it be weakned that it makes not enough the fleſh waſteth, and why muſt fleſh always be renewed? Becauſe the eternal God when he made the Creation, made one part of it in continual dependency upon another : and why did he ſo? Becauſe himſelf is onely permanent to teach us, that we ſhould not fix our affections upon what is tranſitory, but upon what endures for ever. The reſult of all is this, if the

Liver

liver be weak and cannot make bloud enough (I would have said [Sanguifie] if I had written onely to Scholars.) The Seriphian which is the weakest of Wormwoods is better than the best. I have been Critical enough (if not too much.)

Place. It grows familiarly in England by the Sea side.

Description. It starts up out of the earth with many round, woody, hoary stalks from one Root, its height is four foot high, or three at the least. The leaves in Longitude are long, in Latitude narrow, in colour white, in form hoary, in Similitude like Southernwood, onely broader and longer, in taste, rather salt than bitter, because it grows so near the salt water: at the joynts with the leaves toward the tops, it bears little yellow flowers. The Root lies deep and is woody.

Common Wormwood I shall not describe, for every Boy that can eat an Egg knows it.

Roman Wormwood; and why Roman, seeing it grows familiarly in England? It may be it was so called because it is special good for a stinking breath, which the Romans cannot be very free from maintaining so many bawdy houses by authority of his Holiness.

Description. The stalks are slender and shorter than the common Wormwood by one foot at least; the leaves are more finely cut and divided than they are, but something smaller; both leaves and stalks are hoary; the flowers of a pale yellow colour, it is altogether like the common Wormwood, save onely in bigness, for it is smaller in taste, for it is not so bitter in smell, for it is spicy.

Place. It groweth upon the tops of the mountains (it seems it is aspiring) here it is natural, but usually nursed up in Gardens for the use of the Apothecaries in London.

Time. All Wormwoods usually flower in August, a little sooner or later.

Virtues and Use. Will you give me leave to be Critical a little? I must take leave; Wormwood is an Herb of Mars, and if Pontanus say otherwise he is beside the bridge. I prove it thus: what delights in martial places is a martial Herb, but Wormwood delights in martial places, (for about Forges and Iron works you may gather a Cart load of it.) Ergo, it is a martial Herb. It is hot and dry in the first degree, viz. just as hot as your bloud and no hotter: it remedies the evils Choller can inflict on the body of man by Sympathy. It helps the evils Venus and her wanton Girls produce, by Antipathy, and it doth something else besides; It cleanseth the body of Choller (and who dares say Mars doth no good?) It provokes Urine, helps surfets, swellings in the belly; it causeth an appetite to meat, because Mars rules the attractive faculty in man: the Sun never shone upon a better Herb for the yellow Jaundice than this is: why should men cry out so much upon

Choller,
Venery,
provokes Urine,
Helps Surfets,
swellings,
Appetite lost,

Yellow Jaundice, upon Mars for an infortune (or Saturn either?) Did God make creatures to do the creation a mischief? This Herb testifies that Mars is willing to cure all the diseases he causes; the truth is, Mars loves no Cowards, nor Saturn Fools, nor I either. Take of the flowers of Wormwood, Rosemary, and black Thorn, of each a like quantity, half that quantity of Saffron, boyl this in Rhenish wine, but put not in the Saffron till it is almost boyled; this is the way to keep a mans body in health, appointed by Camerarius in his book intituled, Hortus Medicus, and it is a good one too. Besides all this, Wormwood provokes the Terms. I would willingly teach Astrologers, and make them Physicians (if I knew how) for they are most fitting for the calling, if you will not believe me, ask Dr. Hippocrates, and Dr. Galen, a couple of Gentlemen that our Colledge of Physicians keep to vapour with, not to follow. In this one Herb I shall give the patern of a rule to the sons of Art, rough cast, yet as near the truth as the men of Benjamin could throw a stone; whereby my brethren of the Society of Astrologers may know by a penny how a shilling is coyned: (as for the College of Physicians they are too stately to learn, and too proud to continue; they say a Mouse is under the Dominion of the Moon, and that is the reason they feed in the night: the house of the Moon is Cancer: (Rats are of the same nature with Mice, but they are a little bigger.) Mars receives his fall in Cancer, Ergo Wormwood being an Herb of Mars is a present remedy for the biting of Rats and Mice. Mushroms (I cannot give them the title of Herba, Frutex, or Arbor) are under the Dominion of Saturn (and take them one time with another they do as much harm as good:) if any have poysoned himself by eating them, Wormwood an Herb of Mars cures him, because Mars is exalted in Capricorn the house of Saturn, and this it doth by Sympathy as it did the other by Antipathy. Wheals, Pushes, black and blue Spots, coming either by bruises or beatings, Wormwood an Herb of Mars helps, because Mars (as bad as you love him, and as ill as you hate him) will not break your head, but he will give you a plaister. If he do but teach you to know your selves, his courtesie is greater than his discourtesie: the greatest Antipathy between the Planets is between Mars and Venus, one is hot, the other cold, one Diurnal, the other Nocturnal; one dry, the other moist, their houses are opposite, one Masculine the other Feminine, one publick the other private, one is valiant, the other effeminate, one loves the light, the other hates it, one loves the field, the other the sheets; then the Throat is under Venus, the Quinsie lies in the Throat, and is an Inflammation there: Venus rules the Throat, (it being under Taurus her sign) Mars eradicates all diseases in the Throat by his Herbs (of which Wormwood is one) and send them to Egypt on an errand never to return more; this by Antipathy. The eyes are under

Preserve health

Terms provoke,

Biting of Rats and Mice,

Mushroms,

Wheals, pushes, Black and blue spots;

Quinsie,

Eyes

the

the Luminaries, the right eye of a man, and the left eye of a woman, the Sun claims Dominion over: the left eye of a man, and the right eye of a woman, are the priviledg of the Moon, Wormwood an herb of Mars cures both: what belongs to the Sun by ſympathy becauſe he is exalted in his houſe; but what belongs to the Moon by antipathy, becauſe he hath his fall in hers. Suppoſe a man to be bitten or ſtung by a martial creature, imagine a Waſp, a Hornet, or Scorpion, Wormwood an herb of Mars gives you a preſent cure: then Mars as chollerick as he is hath learned that patience to paſs by your evil ſpeeches of him, and tels you by my Pen, that he gives you no affliction but he gives you a cure; you need not run to Apollo or Eſculapius; and if he were ſo chollerick as you make him to be, he would have drawn his ſword for anger to ſee the ill conditions of thoſe people that can ſpy his vices and not his virtues. The eternal God when he made Mars, made him for a publick good, and the ſons of men ſhall know it in the later end of the world. [Et coelum Mars ſolus habet.] You ſay Mars is a Deſtroyer, mix a little Wormwood an herb of Mars with your Ink, and neither Rats nor Mice will touch the Paper is written with it, and then Mars is a Preſerver. Aſtrologers ſay, Mars cauſeth Scabs and Itch, and the virgins are angry with him, becauſe wanton Venus told them he deforms their ſkin: but quoth Mars, my onely deſire is they ſhould know themſelves; my herb Wormwood will reſtore them to the beauty they formerly had, and in that I will not come an inch behinde my oppoſite Venus; for which doth the greateſt evil, he that takes away an innate beauty, and when he hath done knows how to reſtore it again; or ſhe that teaches a company of wanton Laſſes to paint their faces? If Mars be in the Virgin in a Nativity, they ſay he uſually cauſeth the Chollick, (it is well God hath ſet ſome body to pull down the pride of man) he in the Virgin troubles none with the Chollick but them that know not themſelves, (for who knows himſelf may eaſily know all the world:) Wormwood an herb of Mars is a preſent cure for it: and whether it be moſt like a Chriſtian to love him for his good, or hate him for his evil, judg ye. I had almoſt forgotten that Charity thinks no evil: I was once in the Tower and viewed the Wardrobe, and there was a great many fine Clothes, (I can give them no other title, for I was never neither Linnen nor Woollen Draper) yet as brave as they looked, my opinion was, the Moths might conſume them, (yea, Henry the eighth his Cod-piece.) Moths are under the dominion of Mars, his herb Wormwood being laid amongſt Clothes will make a Moth ſcorn to meddle with the Cloth, as much as a Lion ſcorns to meddle with a Mouſe, or an Eagle a Fly. You ſay, Mars is angry, and it is true enough, he is angry with my Countrey-men for being ſuch fools to be led by the noſes by a Colledg of Phyſicians, as they lead Bears to Paris-

Eyes.

biting or ſtinging by venomous beaſts.

Paris-garden. Melancholly men cannot endure to be wronged in point of good name, and that hath sorely troubled old Saturn, because they called him the greatest Infortune. In the body of Man he rules the Spleen, (and that makes covetous men so Spleenetick.) *Spleen.* The poor old man lies crying out of his left side, Father Saturn is angry, Mars comes to him, Come Brother I confess thou art evil spoken of, and so am I, thou knowest I have my Exaltation in thy House, I will give him an herb of mine, Wormwood, to cure the poor man; Saturn consented, but spake but little, and so Mars cured him by sympathy. When Mars was free from war, (for he loves to be fighting, and is the best friend a Souldier hath) I say, when Mars was free from war he called a Council of War in his own brain to know how he should do poor sinfull man good, (desiring to forget his abuses in being called an Infortune) He musters up his own Forces, and places them in Battalia, O, quoth he, why do I hurt a poor silly man or woman? His angel answers him, It is because they have offended their God, [Look back to Adam] Well, says Mars, though they speak evil of me, I will do good to them; Death is cold, my herb shall heat them, they are full of ill humours (else they would never have spoken ill of me) my herb shall cleanse them and dry them: they are poor weak creatures, my herb shall strengthen them; they are dull-witted, my herb shall fortifie their apprehensions; and yet amongst Astrologers, all this doth not deserve a good word: O the patience of Mars.

[Felix qui potuit rerum cognoscere causas
Inque domus superum scandere cura fuit.]

O happy he that can the knowledg gain,
To know the eternal God made nought in vain.

To this I add.

I know the reason causeth such a dearth
Of knowledg, tis because men love the Earth.

The other day Mars told me he met with Venus, and he asked her what the reason was that she accused him for abusing women, he never gave them the Pox, in the dispute they fell out, and in anger parted, and Mars told me that his brother Saturn told him, that an antivenerial medicine was the best against the Pox. Once a moneth he meets with the Moon, Mars is quick enough of speech, and the Moon not much behinde hand, (neither are most women) The Moon looks much after children, and children are much troubled with the worms, she desired a medicine of him, he bad her take his own herb Wormwood: he had no sooner parted with the Moon but he met with Venus, and she was as drunk as a Bitch, Alas poor Venus, quoth he, What, thou a Fo- *French Pox.*

rust

ſume and be drunk? I will give thee an antipathetical Cure, take my herb Wormwood, thou ſhalt never get a Surfet by drinking. A poor billy Countrey-man hath got an Ague and cannot go about his buſineſs, he wiſhes he had it not, and ſo do I, but I will tell him a remedy whereby he may prevent it. Take the herb of Mars Wormwood, and if Infortunes will do good what will Fortunes do? Some ſay the Lungs are under Jupiter, and if the Lungs, then the breath, and yet a man ſometimes gets a ſtinking breath, and yet Jupiter is a Fortune forſooth; up comes Mars to him, Come brother Jupiter, thou knoweſt I ſent thee a couple of Trines to thy Houſes laſt night, the one from Aries, and the other from Scorpio, give me thy leave by ſympathy to cure the poor man by drinking a draught of Wormwood-beer every morning. The Moon was weak the other day, and ſhe gave a man two terrible miſchiefs, a dull brain, and a weak ſight, Mars lays by his ſword and comes to her, Sifter Moon ſaith he, This man hath angered thee, but I beſeech thee take notice he is but a fool, prithee be patient, I will with my herb Wormwood cure him of both infirmities by antipathy, for thou knoweſt, thou and I cannot agree; with that the Moon began to quarrel; Mars (not delighting much in womens tongues) went away, and did it whether ſhe would or no.

Surfets,

ſtinking breath,

dull brain, weak ſight,

He that reades this and underſtands what he reades, he hath a Jewel more worth than a Diamond: he that underſtands it not is as little fit to give Phyſick. There lies a key in these words which will unlock (if it be turned by a wiſe hand) the Cabbinet of Phyſick: I have delivered it ſo plainly as I durſt; it is not upon Wormwood only that I wrote, but upon all plants, trees and herbs: he that underſtands it not is unfit (in my opinion) to give Phyſick. This ſhall live when I am dead, and thus I leave it to the world not caring a half-penny whether they like or diſlike it. The Grave equals all men, and therefore ſhall equal me with the Princes, until which time the eternal Providence is over me; then the ill tongue of a prating Prieſt, or of one who hath more tongue than wit, or more pride than honeſty, ſhall never trouble me. Wiſdom is juſtified of her children; and ſo much for Worm-wood.

Yarrow.

Deſcription. IT hath many long Leaves ſpread upon the ground and fine cut, and divided into many ſmall parts: its flowers are white but not all of a whiteneſs, and ſtayed in knots, upon divers green ſtalks which riſe from amongſt the Leaves.

Place. It is very frequent in all Paſtures.

Time. It flowers late even in the later end of Auguſt.

Virtues and Uſe. An Ointment of them cures

Wounds, Inflammations, terms ſtops, bloudy flux, baldneſs, ulcers, fiſtulaes, retentive faculty, running of the reins, whites, Diabetes tooth-ach

wounds, and is moſt fit for ſuch as have inflammations, it being an herb of Dame Venus; it ſtops the Terms in women being boiled in white wine and the Decoction drunk, as alſo the bloudy flux; the Ointment of it is not onely good for green wounds, but alſo for ulcers and fiſtulaes, eſpecially ſuch as abound with moiſture; It ſtays the medding off of hair, the head being bathed with the Decoction of it; inwardly taken, it helps the retentive faculty of the ſtomach, it helps the running of the reins in men, and the Whites in women, and helps ſuch as cannot hold their water; and the Leaves chewed in the mouth eaſe the tooth-ach; and theſe virtues being put together ſhew the herb to be drying & binding. Achilles is ſuppoſed to be the firſt that left the virtues of this herb to poſterity, having learned them of his maſter Chyron the Centaur, and certainly a very profitable herb it is in the Camp, and perhaps therefore called Militaris.

DI-

DIRECTIONS.

HAving in divers places of this Treatiſe promiſed you the way of making Syrups, Conſerves, Oyls, Ointments, &c. of Herbs, Roots, Flowers, &c. whereby you may have them ready for your uſe at ſuch times when otherwiſe they cannot be had; I come now to perform what I promiſed, and you ſhall finde me rather better than worſe than my word.

That this may be done methodically, I ſhall divide my Directions into two grand Sections, and each Section into ſeveral Chapters, and then you ſhall ſee it look with ſuch a countenance as this is.

SECT. I.

Of gathering, drying, and keeping Simples and their Juyces:

Ch. 1. *Of leavs of herbs,* &c
Ch. 2 *Of Flowers,*
Ch. 3 *Of Seeds,*
Ch. 4 *Of Roots,*
Ch. 5 *Of Barks,*
Ch. 6 *Of Juyces.*

SECT. II.

Of making and keeping Compounds:

Ch. 1 *Of diſtilled waters,*
Ch. 2 *Of Syrups,*
Ch. 3 *Of Juleps,*
Ch. 4 *Of Decoctions,*
Ch. 5 *Of Oyls,*
Ch. 6 *Of Electuaries,*
Ch. 7 *Of Conſerves,*
Ch. 8 *Of Preſerves,*
Ch. 9 *Of Lohochs,*
Ch. 10 *Of Ointments,*
Ch. 11 *Of Plaiſters,*
Ch. 12 *Of Pultiſſes,*
Ch. 13 *Of Troches,*
Ch. 14 *Of Pills,*
Ch. 15 *The way of fitting Medicines to compound Diſeaſes.*

Of all theſe in order.

SECT. I.

The way of gathering, drying, and preserving simples and their juyces.

Cap. I. Of Leaves of Herbs, or Trees.

OF Leaves, chuse onely such as are green and full of juyce, pick them carefully, and cast away such as are any way declining, for they will putrifie the rest, so shall one handfull be worth ten of those you buy in Cheap-side.

2. Note in what place they most delight to grow in, and gather them there, for Bettony that grows in the shadow is far better than that which grows in the sun, because it delights in the shadow; so also such Herbs as delight to grow near the water, let such be gathered as grow near the water, though haply you may finde some of them upon dry ground the Treatise will inform you where every Herb delights to grow.

3. The leaves of such Herbs as run up to Seed, are not so good when they are in flower as before (some few excepted, the leaves of which are seldom or never used) in such cases, if through ignorance they were not known, or through negligence forgotten, you had better take the top and the flower than the leaf.

4. Dry them well in the Sun, and not in the shadow as the swinge of Physicians is, for if the Sun draw away the Virtues of Herbs, it must needs do the like by Hay by the same rule, which the experience of every Countrey Farmer will explode for a notable piece of non-sense.

5. Such as are Artists in Astrology (and indeed none else are fit to make Physicians) such I advise, let the Planet that governs the Herb be Angular, and the stronger the better, if they can in Herbs of Saturn, let Saturn be in the Ascendent, in the Herbs of Mars, let Mars be in the Mid-heaven, for in those houses they delight, let the Moon apply to them by good Aspect, and let her not be in the houses of their enemies: if you cannot well stay till she apply to them, let her apply to a Planet of the same Triplicity, if you cannot wait that time neither, let her be with a fixed Star of their Nature.

6. Having well dried them put them up in brown papers, sewing the paper up like a sack, and press them not too hard together, and keep them in a dry place near the fire.

7. As for the duration of dried Herbs, a just time cannot be given, let Authours prate their pleasures: For;

First, Such as grow upon dry grounds will keep better than such as grow on moist.

Secondly, Such Herbs as are full of juyce will not keep so long as such that are dryer.

Thirdly, Such Herbs as are well dried will keep longer than such as are ill dried.

Yet this I say, by this you may know when they are corrupted, viz. By their loss of colour, or smell, or both, and if they be corrupted, reason will tell you that they must needs corrupt the bodies of those people that take them.

8. Gather all leaves in the hour of that Planet that governs them.

Cap. 2. Of flowers.

1. THe flower which is the beauty of the plant, and of none of the least use in Physick groweth yearly, and is to be gathered when it is in its prime.

2. As for the time of gathering them, let the Planetary hour, and the Planet that rules the plant they come of be observed, as we shewed you in the foregoing Chapter; as for the time of the day let it be when the Sun shines upon them that so they may be dry, for if you gather either Herbs or flowers when they are wet or dewy, they will not keep, and this I forgot before.

3. Dry them well in the Sun, and keep them in papers near the fire, as I shewed you in the foregoing Chapter.

4. So long as they retain their colour and smell they are good, either of them being gone so is the Virtue also.

Cap. 3. Of Seeds.

1. THe seed is that part of the plant which is endewed with a vital faculty to bring forth its like, and it contains potentially the whole Plant in it.

2. As for place let them be gathered from the plants where they delight to grow.

3. Let them be full ripe when they are gathered, and forget not the Celestial harmony before mentioned, for I have found by experience that their Virtues are twice as great at such times than at others: there is an appointed time for every thing under the Sun.

4. When you have gathered them dry them a little, and but a little in the Sun before you lay them up.

5. You need not be so careful of keeping them so near the fire as the other before mentioned, because they are fuller of spirit, and therefore not so subject to corrupt.

6. As for the time of their duration it is palpable they will keep good many years, yet this I say, they are best the first year, and this I make appear by a good argument, They will grow soonest the first year they be set, therefore then are they in their prime, and it is an easie matter to renew them yearly.

Chap. 4. Of Roots.

1. OF Roots chuse such as are neither rotten nor worm-eaten, but proper in their taste, colour, and smell, such as exceed neither in softness nor hardness.

2. Give me leave to be a little critical against the Vulgar received opinion, which is, that the sap falls down into the Root in Autumn, and rises again in Spring, as men go to bed at night and rise in the morning; and this idle tale of untruth is so grounded in the heads not onely of the Vulgar but also of the Learned, that a man cannot drive it out by reason: I pray let such Sap-mongers answer me to this argument, if the sap fall into the Root in the fall of the leaf, and ly there all the Winter, then must the Root grow onely in the Winter, as experience witnesseth, but the Root grows not at all in the Winter, as the same experience teacheth, but onely in the Summer. Ergo,

If you set an Apple kernel in the Spring, you shall finde the Root to grow to a prett/ bigness in that Summer, and be not a whit bigger next Spring: what doth the sap do in the Root all that while? pick straws? For Gods sake build not your faith upon Tradition, it is as rotten as a rotten poste.

The truth is, when the Sun declines from the Tropick of Cancer, the sap begins to congeal both in Root and branch, when he toucheth the Tropick of Capricorn, and ascends to us-ward, it begins to wax thin again, and by degrees as it congealed: but to proceed.

3. The drier time you gather your Roots in, the better they are, for they have the less excrementious moisture in them.

4. Such Roots as are soft, your best way is to dry in the Sun, or else hang them up in the Chimney corner upon a string; as for such as are hard you may dry them any where.

5. Such Roots as are great will keep longer than such as are small, yet most of them will keep a year.

6. Such Roots as are soft it is your best way to keep them always near the fire, and take this general rule: if in winter time you finde any of your Roots, Herbs or flowers begin to grow moist, as many times you shall especially in the winter time (for it is your best way

so

to look to them once a moneth) dry them by a very gentle fire, or if you can with convenience keep them near the fire, you may save your self the labour.

7. It is in vain to dry such Roots as may commonly be had, as Parsly, Fennel, Plantan, &c. but gather them onely for present need.

Cap. 5. Of Barks.

1. BArks which Physicians use in Medicines are these sorts, of Fruits, of Roots, of Boughs.

2. The barks of fruits is to be taken when the fruit is full ripe, as Oranges, Limmons, &c. but because I have nothing to do with Exoticks here, I shall pass them without any more words.

3. The barks of Trees are best gathered in the Spring, if it be of great Trees, as Oaks, or the like, because then they come easiest off, and so you may dry them if you please, but indeed your best way is to gather all barks, onely for present use.

4. As for the bark of Roots, it is this, and thus to be gotten, take the Roots of such Herbs as have a pith in them, as Parsly, Fennel, &c. slit them in the middle, and when you have taken out the pith (which you may easily and quickly do) that which remains is called (though something improperly) the bark and indeed is onely to be used.

Cap. 6. Of Juyces.

1. JUyces are to be pressed out of Herbs when they are young and tender, and also out of some stalks, and tender tops of Herbs and Plants, and also out of some flowers.

2. Having gathered your Herb you would preserve the juyce of, when it is very dry, (for otherwise your juyce will not be worth a button) bruise it very well in a stone mortar with a wooden pestle, then having put it into a Canvas bag (the Herb I mean, not the mortar for that will yield but little juyce) press it hard in a press, then take the juyce and clarifie it.

3. The manner of clarifying of it is this, put it into a pipkin, or skillet, or some such thing and set it over the fire, and when the scum riseth take it off, let it stand over the fire till no more scum rise, then have you your juyce clarified, cast away the scum as a thing of no use.

4. When you have thus clarified it, you have two ways to preserve it all the year.

First, When it is cold put it into a glass, and put so much Oyl on it as will cover it the thickness of two fingers, the Oyl will swim at the top, and so keep the Air from coming to it to putrifie it; when you intend to use it, do no more but so, pour out into a por-

renger, a little more than you intend to use, and if any Oyl come out with it (as if the glass be not full it is a hundred to one if there do) you may easily scum it off with a spoon, and put the juyce you use not into the glass again, it will quickly sink under the Oyl: This is the first way.

Secondly, The second way is a little more difficult, and the juyce of fruits is usually preserved this way, when you have clarified the juyce as before, boyl it over the fire till (being cold) it be of the thickness of Honey, this is most commonly used for diseases of the mouth, and is called Rob and Sapa.

And thus much for the first Section, the second follows.

SECT. II.

The way of making and keeping all necessary Compounds.

Cap. I. Of distilled waters.

HItherto we have spoken of Medicines which consist in their own nature, which Authours vulgarly call simples, though something improperly, for indeed and in truth, nothing is simple but the pure Elements; all things else are compounded of them: we come now to treat of the Artificial Medicines, in the front of which (because we must begin somewhere) we place distilled waters; in which consider:

1. Waters are distilled out of Herbs, flowers, fruits, and Roots.

2. We treat not here of strong waters but of cold, as being to act Galens part and not Paracelsus.

3. The Herbs ought to be distilled when they are in their greatest vigour, and so ought the flowers also.

4. The vulgar way of distillation which people use, because they know no better, is in a peuter Still, and although distilled waters are the weakest of all Artificial Medicines, and good for little unless for mixtures of other Medicines, yet this way distilled they are weaker by many degrees than they would be, were they distilled in Sand: if I thought it not impossible to teach you the way of distilling in Sand by writing, I would attempt it.

5. When you have distilled your water put it into a glass, and having bound the top of it over with a paper pricked full of holes, that so the excrementitious and fiery vapours may exhale (which indeed are they that cause that settling in distilled waters called the Mother, which corrupts the waters, and might

this way be prevented) cover it close and keep it for your use.

6. Stopping distilled waters with a Cork makes them musty, and so will a paper also if it do but touch the water, your best way then is to stop them with a bladder, being first wet in water, and bound over the top of the glass.

Such cold waters as are distilled in a peuter still (if well kept) will endure a year, such as are distilled in sand, as they are twice as strong, so will they endure twice as long.

Cap. 2. Of Syrups.

1. A Syrup is a Medicine of a liquid form, composed of infusion, decoction and juyce; and first for the more gratefull taste, secondly for the keeping of it, with a certain quantity of Honey or Sugar, hereafter mentioned boyled to the thickness of new Honey.

2. You see at the first view then that this Aphorism divides it self into three branches, which deserve severally to be treated of, viz.

1. Syrups made by Infusion.
2. Syrups made by Decoction.
3. Syrups made by juyce.

Of each of these (for your instruction sake kinde Countrey men and women) I speak a word or two, or three apart.

First, Syrups made by infusion are usually made of flowers, and of such flowers, as soon lose both colour and strength by boyling, as Roses, Violets, Peach-flowers, &c. my translation of the London Dispensatory will instruct you in the rest: they are thus made, having picked your flowers clean, to every pound of them add three pound (or three pints, which you will for it is all one) of Spring-water made boyling hot by the fire, first put your flowers in a peuter pot with a cover, then pour the water to them, then shutting the pot, let it stand by the fire to keep hot twelve hours, then strain it out (in such Syrups as purge, as Damask Roses, Peach-flowers, &c. the usual and indeed the best way is to repeat this infusion, adding fresh flowers to the same liquor divers times that so it may be the stronger) having strained it out, put the infusion into a peuter bason, or an earthen one well-glassed and to every pint of it, add two pound of fine Sugar, which being onely melted over the fire without boyling, and scummed, will produce you the Syrup you desire.

Secondly, Syrups made by decoction are usually used of Compounds, yet may any simple Herb be thus converted into Syrup; take the Herb, Root, or flower you would make into Syrup and bruise

it a little, then boyl it in a convenient quantity of Spring-water, the more water you boyl it in the weaker will it be, a handfull of the Herb, Root, &c. is a convenient quantity for a pint of water; boyl it till half the water be conſumed, then let it ſtand till it be almoſt cold, and ſtrain it (being almoſt cold) through a woollen cloath, letting it run out at leiſure without preſſing, to every pint of this decoction add one pound of Sugar, and boyl it over the fire till it come to a Syrup, which you may know if you now and then cool a little of it in a ſpoon, ſcum it all the while it boyls, and when it is ſufficiently boyled, whilſt it is hot ſtrain it again through a woollen cloath, but preſs it not; thus have you the Syrup perfected.

Thirdly, Syrups made of juyces are uſually made of ſuch Herbs as are full of juyce, and indeed they are better made into a Syrup this way than any other; the Operation is thus, having beaten the Herb in a ſtone mortar with a wooden peſtle, preſs out the juyce and clarifie it as you were taught before in the juyces, then let the juyce boyl away till a quarter of it (or near upon) be conſumed, to a pint of this add a pound of Sugar, and boyl it to a Syrup, always ſcumming it, and when it is boyled enough, ſtrain it through a woollen cloath as we taught you before, and keep it for your uſe.

3. If you make Syrups of Roots that are any thing hard, as Parſley, Fennel, and graſs Roots, &c. when you have bruiſed them, lay them in ſteep ſome time in that water which you intend to boyl them in, hot, ſo will the Virtue the better come out,

4. Keep your Syrups either in glaſſes or ſtone pots, and ſtop them not with Cork, nor bladder, unleſs you would have the glaſs break and the Syrup loſt; and as many opinions as there are in this Nation, I ſuppoſe there are but few or none of this, onely binde a paper about the mouth.

5. All Syrups if well made will continue a year, with ſome advantage, yet of all, ſuch as are made by infuſion keep the leaſt while.

Cap. 3. Of Juleps.

1. Julleps were firſt invented as I ſuppoſe in Arabia, and my reaſon is becauſe the word Juleb is an Arabick word.

2. It ſignifies onely a pleaſant Potion, and was vulgarly uſed (by ſuch as were ſick and wanted help, or ſuch as were in health, and wanted no money) to quench thirſt.

3. Now a days it is commonly uſed.

1. To

1. To prepare the body for Purgation.
2. To open obstructions and the pores.
3. To digest tough humours.
4. To qualifie hot distempers, &c.

4. It is thus made (I mean simple Juleps, for I have nothing to say to Compounds here; all Compounds have as many several Ideas as men have crotchets in their brain) I say simple Juleps are thus made: Take a pint of such distilled waters as conduceth to the cure of your distemper, which this Treatise will plentifully furnish you withall, to which add two ounces of Syrup conducing to the same effect, (I shall give you rules for it in the last Chapter) mix them together and drink a draught of it at your pleasure; if you love tart things add ten drops of Oyl of Vitriol to your pint and shake it together, and it will have a fine grateful taste.

5. All Juleps are made for present use, and therefore it is in vain to speak of their duration.

Cap. 4. Of Decoctions.

1. ALl the difference between decoctions and Syrups made by decoction is this, Syrups are made to keep, decoctions onely for present use, for you can hardly keep a decoction a week at any time, if the weather be hot, not half so long.

2. Decoctions are made of leaves, roots, flowers, seeds, fruits, or barks, conducing to the cure of the disease you make them for; in the same manner are they made as we shewed you in Syrups.

3. Decoctions made with Wine last longer than such as are made with water, and if you take your decoction to cleanse the passages of Urine, or open Obstructions, your best way is to make it with white Wine instead of water, because that is most penetrating.

4. Decoctions are of most use in such diseases as ly in the passages of the body, as the Stomach, Bowels, Kidneys, passages of Urine and Bladder, because decoctions pass quicker to those places than any other form of Medicines.

5. If you will sweeten your decoction with Sugar, or any Syrup fit for the occasion you take it for which is better, you may and no harm done.

6. If in a decoction you boyl both Roots, Herbs, flowers, and seeds together, let the Roots boyl a good while first, because they retain their virtue longest, then the next in order by the same rule, viz. 1. The Barks, 2. the Herbs, 3. the Seeds, 4. the Flowers, 5. the Spices if you put any in, because their virtue comes soonest out.

7. Such things as by boyling cause sliminess to a decoction, as Figs, Quince Seeds, Linseed, &c. your best way is, after you have bruised them, to tie them up

up in a linnen rag, as you tie up a Calves brains, and so boyl them.

8. Keep all decoctions in a glass close stopped, and in the cooler place you keep them, the longer will they last ere they be sower.

Lastly, The usual dose to be given at one time, is usually two, three, four, or five ounces, according to the age and strength of the patient, the season of the year, the strength of the Medicine, and the quality of the disease.

Cap. 5. Of Oyls.

1. OYl Olive, which is commonly known by the name of Sallet Oyl, I suppose because it is usually eaten with Sallets by them that love it; if it be pressed out of ripe Olives, according to Galen is temperate, and exceeds in no one quality.

2. Of Oyls, some are simple, and some are Compound.

3. Simple Oyls are such as are made of fruits, or seeds, by expression, as Oyl of sweet and bitter Almonds, Linseed, and Rapeseed Oyl, &c. of which see my Dispensatory.

4. Compound Oyls are made of Oyl of Olives and other simples, imagine Herbs, Flowers, Roots, &c.

5. The way of making them is this, having bruised the Herbs or Flowers you would make your Oyl of, put them in an earthen pot, and to two or three handfuls of them, pour a pint of Oyl, cover the pot with a paper, and set it in the Sun, about a fortnight, or less according as the Sun is in hotness; then having warmed it very well by the fire, press out the Herbs, &c. very hard in a press, and add as many more Herbs to the same Oyl, bruised (the Herbs I mean not the Oyl) in like manner, set them in the Sun as before, the oftner you repeat this the stronger will your Oyl be; at last when you conceive it strong enough, boyl both Herbs and Oyl together till the juyce be consumed which you may know by its leaving its bubling, and the Herbs will be crisp, then strain it, whilest it is hot, and keep it in a stone, or glass vessel for your use.

6. As for Chymical Oyls, I have nothing to say in this Treatise.

7. The general use of these Oyls is for pain in the Limbs, roughness of the skin, the Itch, &c. as also for oyntments and plaisters.

8. If you have occasion to use it for Wounds, or Ulcers, in two ounces of Oyl, dissolve half an ounce of Turpentine, the heat of the fire will quickly do it, for Oyl it self is offensive to Wounds, and the Turpentine qualifies it.

Cap. 6. Of Electuaries.

PHyſicians make more a quoil than needs behalf about Electuaries: I ſhall preſcribe but one general way of making them up, as for the ingredients you may vary them as you pleaſe, and according as you finde occaſion by the laſt Chapter.

1. That you may make Electuaries when you need them, it is requiſite that you keep always Herbs, Roots, Seeds, Flowers, &c. ready dried in your houſe, that ſo you may be in readineſs to beat them into pouder when you need them.

2. Your better way is to keep them whole than beaten, for being beaten they are the more ſubject to loſe their ſtrength, becauſe the air ſoon penetrates them.

3. If they be not dry enough to beat into pouder when you need them, dry them by a gentle fire till they are ſo.

4. Having beaten them, ſift them through a fine Tiffany ſearce, that ſo there may be no great pieces found in your Electuary.

5. To one ounce of your pouder add three ounces of clarified Honey, this quantity I hold to be ſufficient, I confeſs Authors differ about it: if you would make more or leſs Electuary, vary your proportions accordingly.

6. Mix them well together in a Mortar, and take this for a truth, you cannot mix them too much.

7. The way to clarifie Honey is to ſet it over the fire in a convenient veſſel till the ſcum ariſe, and when the ſcum is taken off it is clarified.

8. The uſual doſe of Cordial Electuaries is from half a dram to two drams, of purging Electuaries from half an ounce to an ounce.

9. The manner of keeping them is in a pot.

10. The time of taking them, is either in the morning faſting, and faſting an hour after them, or at night going to bed, three or four hours after ſupper.

Cap. 7. Of Conſerves.

1. THe way of making Conſerves is twofold, one of Herbs and Flowers, and the other of Fruits.

2. Conſerves of Herbs and Flowers are thus made: if you make your Conſerves of Herbs, as of Scurvygraſs, Wormwood, Rue, or the like, take onely the leaves and tender tops (for you may beat your heart out before you can beat the ſtalks ſmall) and having beaten them, weigh them, and to every pound of them add three pound of Sugar, beat them very well together in a Mortar, you cannot beat them too much.

3. Conſerves of Fruits, as of Barberries, Sloes, and the like is thus made; Firſt ſcald the Fruit, then rub the pulp through a thick hair-ſieve made for the purpoſe, called a pulping ſieve, you may do it for a need

with the back of a spoon, then take this pulp thus drawn, and add to it its weight of Sugar and no more, put it in a Pewter vessel, and over a charcoal fire, stir it up and down till the Sugar be melted, and your Conserve is made.

4. Thus have you the way of making Conserves, the way of keeping of them is in earthen pots.

5. The dose is usually the quantity of a Nutmeg at a time morning and evening, or (unless they be purging) when you please.

6. Of Conserves, some keep many years, as Conserves of Roses, others but a year, as Conserves of Borrage, Bugloss, Cowslips and the like.

7. Have a care of the working of some Conserves presently after they are made, look to them once a day and stir them about; Conserves of Borrage, Bugloss, and Wormwood have gotten an excellent faculty at that sport.

8. You may know when your Conserves are almost spoiled by this, you shall find a hard crust at top with little holes in it as though Worms had been eating there.

Cap. 8. Of Preserves.

OF Preserves are sundry sorts, and the operations of all being something different we will handle them all apart.

There are preserved with Sugar,

1. Flowers.
2. Fruits.
3. Roots.
4. Barks.

1. Flowers are but very seldom preserved, I never saw any that I remember save onely Cowslip-flowers, and that was a great fashion in Suffex when I was a boy; it is thus done, first, take a flat glass, we call them jarr glasses, strew in a lain of fine Sugar, on that a lain of flowers, on that another lain of Sugar, on that another lain of flowers, do so till your glass be full, then tie it over with a paper, and in a little time you shall have very excellent and pleasant preserves.

There is another way of preserving flowers, namely with Vineger and Salt, as they pickle Capers and broom-buds, but because I have little skill in it my self I cannot teach you.

2. Fruits, as Quinces and the like are preserved two ways:

First, Boyl them well in water, and then pulp them through a sieve as we shewed you before, then with the like quantity of Sugar boyl the water they were boyled in to a Syrup, viz. a pound of Sugar to a pint of liquour, to every pound of this Syrup add four ounces of the pulp, then boyl it with a very gentle fire to the right consistence, which you may easily know if you drop

drop a drop of it upon a Trencher, if it be enough it will not ſtick to your fingers when it is cold.

Secondly, Another way to preſerve fruits is this; firſt, pare off the rinde, then cut them in halves & take out the Core, then boyl them in water till they are ſoft, if you know when beef is boyled enough you may eaſily know when they are; then boyl the water with its like weight of Sugar into a Syrup, put the Syrup into a pot, and put the boyled fruit as whole as you left it when you cut it into it, and let it ſo remain till you have occaſion to uſe it.

3. Roots are thus preſerved, Firſt, ſcrape them very clean, and cleanſe them from the pith if they have any, for ſome Roots have not, as Eringo and the like, boil them in water till they be ſoft as we ſhew you before in the fruits, then boyl the water you boyled the Roots into a Syrup as we ſhewed you before, then keep the Roots whole in the Syrup till you uſe them.

4. As for barks we have but few come to our hands to be done, and thoſe of thoſe few that I can remember are Oranges, Limmons, Citrons, and the outer bark of Walnuts, which grows without the ſhell, for the ſhells themſelves would make but ſcurvy preſerves. There be they I can remember, if there be any more put them into the number.

The way of preſerving theſe is not all one in Authours, for ſome are bitter, ſome are not, ſuch as are bitter, ſay Authours, muſt be ſoaked in warm water often times changed till their bitter taſte be fled, but I like not this way, and my reaſon is, becauſe I doubt when their bitterneſs is gone, ſo is their virtue alſo; I ſhall then preſcribe one common way, namely the ſame with the former, viz. Firſt, boyl them whole till they be ſoft, then make a Syrup with Sugar, and the liquour you boyled them in, and keep the barks in the Syrup.

5. They are kept in glaſſes, or glaſſed pots.

6. The preſerved flowers will keep a year if you can forbear eating of them, the Roots and Bark much longer.

7. This art was plainly and clearly at firſt invented for delicacie, yet came afterwards to be of excellent uſe in Phyſick; For,

Firſt, Hereby Medicines are made pleaſant for ſick and queaſie ſtomachs, which elſe would loath them.

2. Hereby they are preſerved from decaying a long time.

Cap. 9. Of Lohochs.

1. THat which the Arabians call Lohoch, and the Greeks Eclegma, the Latins call Linctus, and in plain Engliſh, ſignifies nothing elſe but a thing to be licked up.

2. Their firſt invention was to prevent and remedy

afflictions of the breast and lungs, to cleanse the lungs of flegm, and make it fit to be cast out.

3. They are in body thicker than a Syrup, and not so thick as an Electuary.

4. The manner of taking them is often to take a little with a liquoris stick, and let it go down at leisure.

5. They are easily thus made, make a decoction of any pectoral Herbs, the Treatise will furnish you with enough, and when you have strained it, with twice its weight of Honey or Sugar, boyl it to a Lohoch; If you are molested with tough flegm, Honey is better than Sugar, and if you add a little Vineger to it you will do well, if not, I hold Sugar to be better than Honey.

6. It is kept in pots and will last a year and longer.

7. Its use is excellent for roughness of the Wind-pipe, Inflammations of the Lungs, Ulcers in the Lungs, difficulty of breath, Asthmaes, Coughs, and distillations of humours.

Cap. 10. Of Oyntments.

1. VArious are the ways of making Oyntments which Authours have left to posterity, which I shall omit and quote one which is easiest to be made, and therefore most beneficial to people that are ignorant in Physick, for whose sakes I write this; it is thus done.

Bruise those Herbs, Flowers, or Roots you would make an Oyntment of, and to two handfulls of your bruised Herbs add a pound of Hogs-grease tried, or cleansed from the skins, beat them very well together in a stone Mortar with a wooden pestle, then put it in a stone pot (the Herbs and Grease I mean not the Mortar) cover it with a paper, and set it either in the Sun, or some other warm place, three, four, or five days, that it may melt, then take it out and boyl it a little, then whilest it is hot, strain it out, pressing it out very hard in a press, to this Grease add as many more Herbs bruised as before, let them stand in like manner as long, then boyl them as you did the former, if you think your Oyntment be not strong enough, you may do it the third and fourth time; yet this I tell you, the fuller of juyce your Herbs are, the sooner will your Oyntment be strong, the last time you boyl it, boyl it so long till your Herbs be crisp and the juyce consumed, then strain it, pressing it hard in a Press, and to every pound of Oyntment add two ounces of Turpentine, and as much Wax, because grease is offensive to Wounds as well as Oyl.

2. Oyntments are vulgarly known to be kept in pots, and will last above a year, above two year.

Cap. 11.

Cap. 11. Of Plaisters.

1. THe Greeks made their Plaisters of divers Simples and put Metalls in most of them if not in all; for having reduced their metalls into pouder they mixed them with that fatty substance whereof the rest of the Plaister consisted; whilest it was yet hot, continually stirring it up and down lest it should sink to the bottom, so they continually stirred it till it was stiff, then they made it up in rolls, which when they need for use they could melt by the fire again.

2. The Arabians made up theirs with Meals, Oyl, and Fat, which need not so long boiling.

3. The Greeks Emplaisters consisted of these Ingredients, Metalls, Stones, divers sorts of Earths, Feces, Juyces, Liquoris, Seeds, Roots, Herbs, Excrements of Creatures, Wax, Rozin, Gums.

Cap. 12. Of Paltisses.

1. PAltisses are those kinde of things which the Latins call [Cataplasmata,] and our learned Fellows that if they can reade English that is all, call them Cataplasms, because it is a crabbed word few understand; it is a very fine kinde of Medicine to ripen sores.

2. They are made of Herbs and Roots fitted to the Disease and Member afflicted, being chopped small, and boiled in water almost to a Jelly, then by adding a little Barley-meal or Meal of Lupines, and a little Oyl or rough Sheep-suet, which I hold to be better, spread upon a cloth and applied to the grieved place.

3. Their use is to ease pains, to break sores, to cool inflammations, to dissolve hardness, to ease the Spleen, to concoct humours, to dissipate swellings.

4. I beseech you take this caution along with you, Use no Pulisses (if you can help it) that are of a heating nature, before you have first cleansed the body, because they are subject to draw the humours to them from every part of the body.

Cap. 13. Of Troches.

1. THe Latins call them [Placentulae] or little Cakes (and you might have seen what the Greeks call them too, had not the last Edition of my London Dispensatory been so hellishly printed, that is all the Common-wealth gets by one Stationers printing anothers Copies, viz. to plague the Country with false Prints, and disgrace the Authour) the Greeks [Trochiscoi, Kriclscoi, and Artiscoi] they are usually little round flat Cakes, or you may make them square if you will.

2. Their first invention was, that pouders being so

kept might resist the intromission of Air and so endure pure the longer.

3. Besides, they are the easier carried in the pockets of such as travel; many a man (for example) is forced to travel whose stomach is too cold, or at least not so hot as it should be, which is most proper, for the stomach is never cold till a man be dead; in such a case it is better to carry Troches of Wormwood or Galanga, in a paper in his pocket, and more convenient by half than to lug a Galli-pot along with him.

4. They are thus made, At night when you go to bed, take two drams of fine Gum Tragacanth, put it into a Galli-pot, and put half a quarter of a pint of any distilled water fitting the purpose you would make your Troches for, to it, cover it, and the next morning you shall finde it in such a Jelly as Physicians call Mussilage, with this you may (with a little pains taking) make any Powder into Paste, and that Paste into little Cakes called Troches.

5. Having made them, dry them well in the shadow, and keep them in a Pot for your use.

Cap. 14. Of Pills.

1. THey are called [Pilulae] because they resemble little Balls the Greeks call them [Catapotia.]

2. It is the opinion of modern Physicians that this way of making up Medicines was invented onely to deceive the palate, that so by swallowing them down whole, the bitterness of the Medicine might not be perceived or at least it might not be insufferable, and indeed most of their Pills though not all are very bitter.

3. I am of a clean contrary opinion to this, I rather think they were done up in this hard form that so they might be the longer in digesting, and my opinion is grounded upon reason too, not upon Fancy or Hearsay, the first invention of Pills was to purge the head now as I told you before, such infirmities as lay near the passages were best removed by Decoctions, because they pass to the grieved part sooneſt, so here, if the infirmity ly in the head or any other remote part, the best way is to use Pills, because they are longer in digestion, and therefore the better able to call the offending humour to them.

4. If I should tell you here a long Tale of Medicines working by sympathy and antipathy, you would not understand a word of it, they that are fit to make Physicians may finde it in the Treatise: all modern Physicians know not what belonged to a sympathetical Cure, no more than a Cuckoe knows what belongs to Flats and Sharps in Musick, but follow the vulgar Road, and call it a hidden quality because it is hid from the eys of Dunces, and indeed none are

Are-

Astrologers can give a reason of it, and Physick without Reason is like a Pudding without Fat.

5. The way to make Pills is very easie, for with the help of a Pestle and Mortar and a little diligence, you may make any Pouder into Pills, either with Syrup, or the Jelly I told you of before.

Cap. ult. The way of mixing Medicines according to the cause of the Disease and part of the Body afflicted.

THis being indeed the key of the work, I shall be something the more diligent in it: I shall deliver my self thus;

1. To the vulgar.
2. To such as study Astrology, or such as study Physick astrologically.

First to the vulgar: kinde souls I am sorry it hath been your hard mishap to have been so long trained in such Egyptian darkness, even darkness which to your sorrows may be felt; the vulgar Road of Physick is not my practise, and I am therefore the more unfit to give you advice; and I have now published a little Book which will fully instruct you not onely in the knowledg of your own bodies but also in fit Medicines to remedy each part of it when afflicted, mean season take these few Rules to stay your stomachs. *Galens art of Physick.*

1. With the Disease regard the Cause and part of the body afflicted, for example, suppose a woman be subject to miscarry through winde, thus do,
   1. Look [Abortion] in the Table of Diseases, and you shall be directed by that how many herbs prevent miscarriage.
   2. Look [Winde] in the same Table, and you shall see how many of those herbs expell winde.

   These are the herbs medicinal for your grief.
2. In all Diseases strengthen the part of the body afflicted.
3. In mixed Diseases there lies some difficulty, for sometimes two parts of the body are afflicted with contrar humours the one to the other, sometimes one part is afflicted with two contrary humours, as sometimes the Liver is afflicted with Choller and Water, as when a man hath both a Dropsie and the yellow Jaundice, and this is usually mortal.

   In the former, suppose the brain be too cold and moist, and the Liver too hot and dry, thus do;
   1. Keep your head outwardly warm.
   2. Accustome your self to smell of hot herbs.
   3. Take a Pill that heats the head at night going to bed.
   4. In the morning take a Decoction that cools the Liver, for that quickly passeth the stomach, and is at the Liver immediately.

You must not think (Courteous people) that I can spend time to give you examples of all diseases, these are enough to let you see so much light as you without Art are able to receive, if I should set you to look upon the Sun I should dazle your eyes and make you blinde.

Secondly, To such as study Astrology, (who are the onely men I know that are fit to study Physick, Physick without Astrology, being like a Lamp without Oyl) you are men I exceedingly respect, and such documents as my brain can give you at present (being absent from my study) I shall give you, and an example to shew the proof of them.

1. Fortifie the body with Herbs of the nature of the Lord of the Ascendent, it is no matter whether he be a Fortune, or an Infortune in this case.

2. Let your Medicine be something Antipathetical to the Lord of the sixth.

3. Let your Medicine be something of the nature of the sign ascending.

4. If the Lord of the tenth be strong, make use of his Medicines.

5. If this cannot well be, make use of the Medicines of the light of time.

6. Be sure always fortifie the grieved part of the body by Sympathetical remedies.

7. Regard the heart, keep that upon the wheels, because the Sun is the Fountain of life, and therefore those Universal remedies [Aurum potabile,] and and the Philosophers Stone cure all diseases by onely fortifying the heart.

But that this may appear unto you as clear as the Sun when he is upon the Meridian, I here quote you an Example, which I performed when I was as far off from my study as I am now, yet am I not ashamed the world should see how much, or little of my lesson I have learned without book.

On July 25. 1651. there came a Letter to me out of Bedfordshire, from a Gentleman (at that time) altogether to me unknown, though since well known, who was a Student both in Astrologie and Physick: the words which are these;

Mr. Culpeper,

MY love remembred unto you, although I know you not by face; yet because I do much respect that pretty little Lark you so lately let fly into the World; which you call [Semeiotica Uranica, which I have lately taken into my Cage; I am therefore imboldned to write unto you in the behalf of a neighbours wife, who is taken with a very violent disease, which began in the lower parts of her body, but is now ascended upwards, and tormenteth her in her breast, throat, tongue, and lips: this disease took possession of her (as she relateth to me) about a fortnight before Michaelmas last, but the certain day and hour

hour she is not able to nominate; she sent for me, and inquired whether she were not under a ill Tongue or not, or of what nature the disease was: I have sent you the inclosed Scheme I could finde but one testimony of Fascination or Witch-craft, which was one sign of possessing the Cusps of the twelfth and first houses, which to me holds forth no more than a strong suspition of it by the querent; however I am confident there is a natural disease which hurts much, because the Lord of the Sixth, which usually gives signification of natural diseases, is now placed in the Ascendent; but at present I forbear to make any long discourse of mine own opinions, being desirous that you would indeavour your skill in this cure, for there is not a Doctour of them all far or near that have been so skilfull to finde out the disease, much less to effect the cure. Sir, I expect your answer; mean time bid you farewell, and remain yours in affection, &c.

My answer to the Letter, was to this effect,

SIR,

I Received yours, July 25. wherein I finde your inclosed Scheme, and (I suppose) the nature of the disease, and have sent you such an answer as I could, being far from my Study, which I intreat you to take in good part, being [Festinanti calamo Conscripta.] As for the ignorance of your Countrey Doctors, they wanting the true judgement of Astrology, is to me no ways admirable; I perceive you to be a young man by the time of your Genesis, which you also sent me, beware whom you trust with that, he that knows your Nativity knows when ill directions operate, and if he be an Enemy, knows when to do you a mischief; if Cecil had not had Essex his Nativity, he had never gotten his head off, but to instruct you being a young Student, I shall give you my judgement Methodically.

Diacritica. You say you can finde no arguments of Witchcraft, but onely one sign possessing the Cusps of both Twelfth and Ascendent, but if you had regarded the Propinquity of Venus to Saturn you would have made another of that, yet do not I think she is bewitched, because of other more prevalent testimonies; the Moon passing from the beams of Mars to the beams of Venus may seem to give some suspition of honesty, and the disease to come that way which is increased by Mars his being in the Ascendent in Scorpio, and the Dragons Tail upon the Cusp, yet I can hardly believe this, for Cauda in a humane sign usually gives slanders and not tales of truth, it is a hun-

dred to one if she suffer not in point of good name by the vulgar [this was too true.] Besides, the nearness of Venus to Saturn may well shew trouble of minde, and it being in the ninth house, pray inquire whether she have not been troubled about some tenents in religion [the trouble of minde was true, but it was about a stranger, which the ninth house also signifies.]

Diagnostica. Venus, Lady of the Twelfth, and Ascendent, and Eighth, shews her always to be her own foe in respect of health, and truly I believe the Original of the disease was a Surfet either by eating moist fruits, or else by catching wet in travelling; Venus with Saturn who is in square to the Ascendent troubles her breast with tough Flegm and Melancholly: Besides, there being a most forcible reception between the Moon and Venus from fruitfull signs, I question whether she be with Childe, or not, the Moon being in the fifth house, Mars is lord of the disease, really in the Scorpion, and accidentally in the Ascendent, together with Aries on the fixth, shew the disease keeps his Court in the Womb, and accidentally afflicts the head from thence, so that heat of the Womb must needs be cause of the present distemper, and Mars in a moist sign in the first near the second may well denote heat, and breaking out about her face and Throat.

Prognostica. Whether she be curable or not, or how or when the disease will end is our next point; truly I can see no danger of death, the Moon being strong in her hain, and applying by Trine with a strong reception to the Lady of the Ascendent; yet this is certain, Mars strong in a fixed sign will maintain the disease stoutly, her hopes will be but small when Venus comes to the body of Saturn, viz. August 2. for she will be overpressed with Melancholly, the time I suppose of her cure may be (if good course be taken) when Mars leaves the sign he is in, and comes to the place where the body of Jupiter is, or at least then it may turn to another disease more propitious; the Sun strong in the tenth shews she may be cured by Medicine, and he being exalted in the seventh, and Caput there, I do not know but you are as likely a man to do it as any.

[Indicationes Curativæ.] It is confessed here that the Sun being exceeding strong in the tenth House, should naturally signifie the curative Medicine, and as true that the evils of Mars, viz. heat in the Womb, and a salt humour in the bloud ought to be removed before you meddle with the tough Flegm in the breast, but yet seeing the disease seems rather to participate of offending heat than any other simple quality, you must have a care of hot Medicines, lest you go about [ignem oleo extinguere,] the Medicines must first be cool, secondly strengthning the Womb, thirdly repressing the vapours, fourthly of the nature of Sol and Venus.

Thera-

[Therapeutice.] To this intent I firſt commend unto you ſtinking Arrach, a pattern whereof I have ſent you Incloſed, you may finde it upon dunghills, eſpecially ſuch as are made of horſe-dung: it is cold and moiſt, an Herb of Venus in the Scorpion; alſo Ros Solis an Herb of the Sun and under the celeſtial Crab, may do very well, and the better becauſe Venus is in Cancer: it grows upon Bogs in untilled places, and is in flower about this time, it grows very low, with roundiſh green leaves full of red hairs, and is fulleſt of dew when the Sun is hotteſt, whence it took its name; to theſe you may add Tanſie, which I take to be an Herb of Venus in Libra, and Lettice if you pleaſe which is an Herb of the Moon, Mars having his fall in Cancer they are all harmleſs, you may uſe them according to your own diſcretion: alſo Spine, another Herb of the Moon is very good in this caſe.

Sir, I wiſh you well, and if you eſteem of my Lark above his deſerts, I pray trim his feathers for him (correct the errours by the Errata) elſe will he make but unpleaſing Muſick. Thus remain yours, &c.

I the rather choſe this figure to judge of, becauſe none ſhould have juſt occaſion to ſay of us Aſtrologers, that we do as Phyſicians vulgar practice is, when they judge of piſs; firſt pump what they can out of the Querent, and then judge by his words; of which I will rehearſe you one merry ſtory, and ſo I will conclude the book.

A woman whoſe huſband had bruiſed himſelf, took his water, and away to the Doctor trots ſhe; the Doctor takes the piſs and ſhakes it about, How long hath this party been ill (ſaith he) Sr. ſaith the woman, He hath been ill theſe two days, this is a mans water quoth the Doctor preſently, this he learned by the word He; then looking on the water he ſpied blood in it, the man hath had a bruiſe ſaith he, I indeed ſaith the woman, my huſband fell down a pair of ſtairs backwards, then the Doctor knew well enough that what came firſt to danger muſt needs be his back and ſhoulders, ſaid, the bruiſe lay there; the woman was admired at the Doctors ſkill, and told him, that ſhe could tell her one thing more ſhe would account him the ableſt Phyſician in Europe; well, what was that? How many ſtairs her huſband fell down, this was a hard queſtion indeed, able to puzzle a ſtronger brain than Mr. Doctor had, to pumping goes he, and having taken the Urinal and given it a ſhake or two, inquires whereabout ſhe lived, and knowing well the place, and that the houſes thereabouts were but low built houſes, made anſwer (after another view of the Urine for faſhion ſake) that probably he might fall down ſome ſeven or eight ſtairs; ah, quoth the woman, now I ſee you know nothing, my huſband fell down thirty; thirty! quoth the Doctor, and

ſnatch-

snatching up the Urinal, is here all the water saith he? no saith the woman, I spilt some in putting it in, look you there quoth Mr. Doctor, there were all the other stairs spilt.

Yet mistake me not, I do not deny but such whose dayly experience is to judge waters, and usually judge a hundred in a day may know something by them: if any thing may be known by Urine, I am sure it may by Art, put them both together, [vis unita fortior.] Thus I take my leave of you; be diligent and I am yours.

Nich. Culpeper.

AN

An Alphabetical Catalogue of the Diſeaſes ſpecified in this Treatiſe. Together with the page where to findethe Cure.

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FINIS.

In Phœnicia is the river of Adonis, now called Canis,
so named most probably from Adonis the darling of
Venus, whose obsequies were here celebrated yearly in the
month of June, with great howlings and lamentations,
Lucian fabling that the river visually streamed blood upon
that solemnity; as if Adonis were newly wounded in the
mountains of Libanus, to give the bitter colour to
their superstitions. But the truth is, that this redness
of the water ariseth only from the winds, which at that
time of the yeare blowing very vehemently, do thereby
carry down the Stream a great quantity of Minium or
red earth, from the sides of those hills, where with
the waters are discoloured. Such use can Satan
make of a naturall accident, to blind the eyes
and captivate the understandings of besotted people.

Dr Heylyn.

The Gaules and the Brittains were in Cæsars time so confident that he saith [lib. de bello Gallico] that the reason why they fought so obstinately was because they were taught by the Druids not to feare death, because they knew it was but a passage to a better life, the soule in their opinion not perishing, but passing from one to another. as Lucan saith.

Vita mors media est
falsis erroribus ducti
maximus haud urget leti
metus, inde ruendi
in ferrum, mens prona viris
animæque capaces mortis
et ignavum redituræ
parcere vitæ. ——

one may foretell of things to come, though not by divine revelation, but out of a deepe insight into businesse all truth is pabulum vitæ, the soules food. the knowledg of particulars rightly derived from the generalls in the facultie, is it self most pleasant

Simile quà simile semper a-
natum est simile produc

some affirme that those
that are sick at heart
have their senses more
quick, their thoughts more
fast, their minds more
enlightned, their hearts
more pure, their reason
better setled, their ima-
gination more divine.

Solenne in confinio morbi
positis nec humanæ ignotæ
et supernaturali causæ
fastidire si exignotâ quavis
it is in usuall thing for me
however entangled in the
world all their lives, at
how deaths to seek the
things of it, from an unkno
and supernaturall cause
meaning no doubt depth of
prudence and height of religion

all men have more then latte
end a sense of religion.

Fabius maximus that great
commander in the eminent
danger of the commonwealth,
told his Country-men, that
they were overthrown, not by
weakness or rashness of
soldiers, but by their
and contempt of the God

